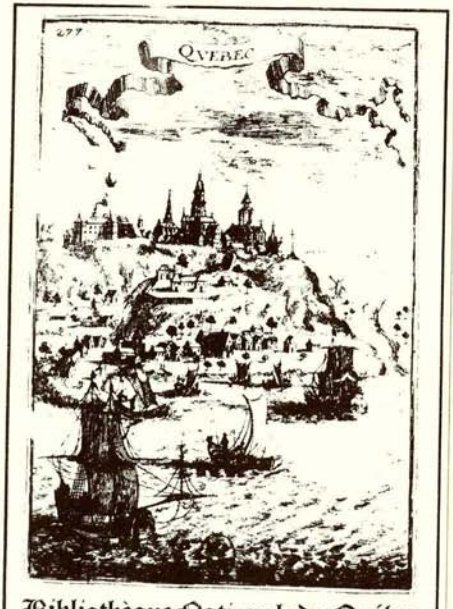
SYSTEMATIC COOKERY





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Systematic Cookery

RECIPES · FOOD VALUES
TABULATED COOKING FORMS
COOKING AND HOUSEHOLD
SUGGESTIONS

COMPILED FOR THE BENEFIT
OF THE BUILDING FUND

Under the auspices of the Women's Association of
TRINITY MEMORIAL CHURCH
MONTREAL
1926

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FOREWORD

THE COMMITTEE has endeavoured to make this a systematic Cook Book. All who have contributed recipes have been requested to make the measurements *level* measurements, to state the amounts the recipes would yield, the number of servings, etc.; methods, however, will vary, as will opinions regarding quantities and other details, and some recipes may have been included containing measurements which are not level; but in gathering together the experience of the three hundred women who are members of the Women's Association and that of their friends, we believe that any lack of uniformity which may occur in recipes will be fully compensated by the variety of the suggestions obtained from British, French and American practice in this city, and which is here offered as representative of Montreal cookery.

Systematic cookery is impossible without accurate, standard measures in the kitchen. Cooking is a chemical and physical process, and the more closely the cook copies the methods of the chemist and the physicist, the more nearly will the results approach the uniformly satisfactory results of the laboratory. Despite a popular belief, we claim that it takes practically no longer to measure a *level* than a *heaping* spoonful; the former means one quantity, a quantity which can be duplicated and accurately described to another; the latter may mean two level spoonfuls, or three or even four. Again, in the case of temperatures, a "moderate oven" means one thing to one woman and quite a different thing to another; and these loose terms, the source of many cooking failures, should be converted into *thermometer degrees* to indicate a definite temperature which can have but one effect. In addition to the measuring-spoons, the measuring cups and thermometers, scales are a part of the necessary equipment, for some of the materials used in cooking can be measured more easily in ounces and pounds than in spoons and cups; for instance, there is no simpler method of measuring butter for cakes than to place the mixing-bowl on the scales and weigh out the required amount—an accurate measurement and no cup to wash. We believe that there would be fewer women who "hate" cooking if all worked systematically and had the confidence of success which scientific methods ensure.

In connection with the cost estimates, it is realized that prices vary in different localities, with the season, and from year to year, but even with considerable variation in prices, relative costs of

recipes will not be greatly altered. All costs are estimated on the basis of an average of present summer and winter prices in Montreal as given in the table, "Approximate Costs of Materials Used in Cooking." The detailed tables of weights and measures will facilitate the re-estimation of costs of recipes when required. To count costs is not only interesting, but where economy is a consideration, it pays.

Careful records should be kept of all useful cooking experience, so that the knowledge gained may be available for future work. It is suggested that where we have been unable to give the number of servings, cost, quantity, etc., and where the reader's estimates are not in accord with those given, the data be recorded under the recipe in question.

In the Recipe Tables we have attempted to systematize groups of similar recipes in order that their variations may be noted and that a number of recipes may be made available in a concise form. Cooking may be greatly simplified if "foundation recipes" of various types are mastered, as they may be altered to make a great variety of dishes.

We have not sought to compile a complete cook book, but rather have given special consideration to those departments where we felt information would be most generally acceptable. These special features of the book have been adapted from suggestions which have appealed to the many women who have assisted in its preparation, and have been arranged by the Committee in a form which, it is hoped, may further the cause of systematic cookery

THE COMMITTEE

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Standards of Weights and Measures

Considerable confusion regarding measures exists in Canada because of the difference between British and American systems of measuring. A pint is not "a pound the world round." The British or Imperial pint of water weighs 1¼ pounds; the American or Wine Measure pint weighs a little less than 1 pound (conveniently considered 1 pound). The Imperial gallon is legal in Canada; and so far as we have been able to ascertain, it is this Imperial standard which is indicated when most Montreal women speak of the pint, quart or gallon. On the other hand, when a "cup" is mentioned, it seems that it is the Wine Measure half-pint cup which is indicated. In accordance with that usage which appears to be most common in Montreal we have used the Imperial gallon, quart and pint, but the Wine Measure cup and spoons. It is a simple matter to standardize an individual set of measuring utensils, if it is remembered that the half-pint Imperial contains 10 oz. of water, and the Wine Measure half-pint, or cup, contains 8 oz. Both contain 16 level tablespoons, the size of the tablespoon varying with the standard employed: the tablespoon of which there are 16 in a wine measure cup contains only 3 teaspoons, while the tablespoon of which there are 16 in an Imperial half pint contains 4 teaspoons. The teaspoon is, evidently, the same in both measures.

"Peck," also, appears to be very loosely used in Montreal. It is illegal, in Canada, to sell "potatoes, onions, artichokes, beets, carrots, parsnips and turnips" by measure; all must be sold by weight. A "short peck" of potatoes and other vegetables is, however, often sold. This "peck" of potatoes weighs 11-12 pounds, whereas the formerly legal peck of potatoes weighed 15 pounds. It is obvious that if this former standard peck were coupled with the Wine Measure quart in a recipe where the short peck and Imperial quart were intended, a considerable error would result.

Generally accepted weights of various commodities are given in the following table :—

Generally accepted Weights of Various Commodities

Apples	12½	lbs.	per	peck	Onions	14½	lbs.	per peck
" (dried)	6	"	"	"	Parsnips	12½	"	" "
Beans (dried)	15	"	"	"	Peaches or Pears	12½	"	" "
" (green)	6	"	"	"	" (dried)	8¼	"	" "
Beets	15	"	"	"	Peas (green or dried)	15	"	" "
Carrots	12½	"	"	"	Plums	12½	"	" "
Cherries	16	"	"	"	Potatoes	15	"	" "
" (with stems)	14	"		"	Rice	11¼	"	" "
Corn (shelled)	14	"	"	"	Salt (coarse)	12½	"	" "
Cornmeal	12½	"	"	"	" (fine)	17½	"	" "
Cranberries	8	"	"	"	Spinach	3	"	" "
Cucumbers	12	"	"	"	Strawberries	12	"	" "
Currants	10	"	"	"	Tomatoes	14	"	" "
Gooseberries	10	"	"	"	Turnips	13¾	"	" "
Grapes	15	"	"	"	Walnuts	12½	"	" "
" (with stems)	12	"	"	"	Wheat	15	"	" "
Oats	8	"	"	"				

Notes on Measuring

Flour should be sifted before measuring. (A pound of unsifted flour may measure from 4 to 5 cups, according to the length of time it has been packed, etc.). To measure a cup of dry materials, fill with a spoon above the top. Scrape off level with a knife. Do not shake or pack.

To measure a spoonful, fill slightly heaping; then level with a knife. Do not pack. To measure ½ spoonful, measure a spoonful, then divide through the middle lengthwise; for ¼ spoonful, divide the half crosswise; for 1/8 spoonful, divide the quarter crosswise.

To measure parts of a cup of butter, in the absence of scales, fill a cup with cold water and pour out as much water as the amount of butter required, then add butter till the water again reaches the top.

To measure a spoonful of butter, pack solidly and level with a knife.

Unless otherwise specified:

"Chocolate"	means	unsweetened chocolate.
"Flour"	"	white, bread flour, sifted once before measuring.
"Milk"	"	sweet milk.
"Sugar"	"	granulated sugar.
"Soda"	"	baking soda
"Water"	"	cold water

Abbreviations, Weights and Measures

(All measures level)

1	saltspoon	¼ teaspoon (tsp.)
3	tsps	1 tablespoon (TBS.)
16	TBS.	1 cup (C.)
2	gills	1 cup
2	cups	1 pint (pt.)
2	pts.	1 quart (qt.)
4	qts	1 gallon (gal.)
2	gals	1 peck (pk.)
4	pks.	1 bushel (bu.)
4½	bus.	1 barrel
10	lbs. water	1 gal. (Imperial)
8	lbs	1 gal. (Wine)
2	cups butter	1 lb.
2	TBS. "	1 oz.
2-1/3	cups dried beans	1 lb.
9	cups bran	1 lb.
4	cups grated cheese	1 lb.
3½	cups cocoa	1 lb.
4½	cups coffee (ground)	1 lb.
72	TBS. " "	1 lb.
6	cups grated cocoanut	1 lb.
3	cups cornmeal	1 lb.
3	cups cornstarch	1 lb.
4	cups bread crumbs	1 lb.
3	cups dates	1 lb.
9	large eggs	1 lb.
4	cups white flour	1 lb.
4	TBS. " "	1 oz.
3¾	cups rye flour	1 lb.
4½	cups Graham flour	1 lb.
3½	cups whole wheat flour	1 lb.
5	cups chopped meat	1 lb.
4	cups chopped nuts	1 lb.

ABBREVIATIONS, WEIGHTS AND MEASURES—*Continued*

5	cups rolled oats	1 lb.
4	cups raisins or currants	1 lb.
1⅞	cups rice	1 lb.
8	cups broken spaghetti	1 lb.
2	cups granulated (G.) sugar	1 lb.
2	TBS. " "	1 oz.
2-2/3	cups brown sugar	1 lb.
2¾	cups pulverized (P.) sugar	1 lb.
4	cups chopped suet	1 lb.
6	(or more) cups tea	1 lb.

Additional Abbreviations

B.P.	Baking Powder	pkg.	package
hp.	heaping	min.	minute
hr.	hour	Temp.	temperature
in. or "	inch	F.	Fahrenheit

Approximate Costs of Materials Used in Cooking

(On which estimates in "Systematic Cookery" are based).

If you pay			Baking Powder	costs	$0.00½	per	tsp.
" "	"	"	Butter	"	.22	"	cup
" "	"	"	"	"	.16½	"	¾ cup
" "	"	"	"	"	.05½	"	¼ cup
" "	"	"	"	"	.01½	"	TBS.
" "	"	"	Cheese (grated)	"	.10	"	cup
" "	"	"	Chocolate	"	.03	"	square (oz.)
" "	"	"	Cocoa	"	.01½	"	tsp.
" "	"	"	Cocoanut	"	.05	"	cup
" "	"	"	Coffee	"	.01	"	TBS.
" "	"	pt.	Cream	"	.20	"	cup
" "	"	lb.	Dates	"	.07	"	cup
" "	"	doz.	Eggs	"	.05	"	egg
" "	"	lb.	Flour	"	.01¼	"	cup
" "	"	box	Gelatine	"	.05	"	TBS.
" "	"	lb.	Lard	"	.15	"	cup
" "	"	"	"	"	.11¼	"	¾ cup
" "	"	"	"	"	.03¾	"	¼ cup
" "	"	"	"	"	.01	"	1 TBS.
" "	"	qt.	Milk	"	.03	"	cup
" "	"	pt.	Molasses	"	.06	"	cup
" "	"	lb.	Nuts (shelled)	"	.15	"	cup
" "	"	"	Vegetable Oil	"	.17	"	cup
" "	"	"	Olive Oil	"	.35	"	cup
" "	"	"	Raisins (and Currants)	"	.05	"	cup
" "	"	"	Rice	"	.06	"	cup
" "	"	oz.	Spices	"	.02	"	tsp.
" "	"	lb.	Sugar (Brown)	"	.04	"	cup
" "	"	"	" (Gran.)	"	.04	"	cup
" "	"	"	" (Powdered)	"	.05	"	cup
" "	"	pt.	Syrup (Maple)	"	.15	"	cup
" "	"	lb.	Tea	"	.001/3	"	tsp.
" "	"	8 oz.	Vanilla	"	.02	"	tsp.
" "	"	qt.	Vinegar	"	.05	"	cup

(See table of "Food Value of 100-calorie Portions of Common Foods" for additional cost estimates).

Actual Cost of Various Cuts of Meats

(In order of actual cost).

If	you	pay	$0.10	per	lb.	Beef Shin.....	costs	$0.16	per	lb.	as	waste	is 38%
"	"	"	.15	"	"	" Brisket.....	"	.20	"	"	"	"	" 23%
"	"	"	.20	"	"	Salt Pork.....	"	.22	"	"	"	"	" 8%
"	"	"	.20	"	"	Beef Chuck.....	"	.25	"	"	"	"	" 25%
"	"	"	.25	"	"	" Flank.....	"	.26	"	"	"	"	" 6%
"	"	"	.25	"	"	" Round(upper)	"	.27	"	"	"	"	" 9%
"	"	"	.20	"	"	Veal Breast.....	"	.27	"	"	"	"	" 24%
"	"	"	.25	"	"	Beef Rump.....	"	.29	"	"	"	"	" 14%
"	"	"	.25	"	"	Mutton, Leg.....	"	.30	"	"	"	"	" 18%
"	"	"	.30	"	"	Veal Cutlets.....	"	.31	"	"	"	"	" 4%
"	"	"	.30	"	"	Mutton Chops....	"	.36	"	"	"	"	" 16%
"	"	"	.35	"	"	Veal, Leg.....	"	.38	"	"	"	"	" 10%
"	"	"	.35	"	"	Beef, Sirloin.....	"	.40	"	"	"	"	" 12%
"	"	"	.30	"	"	Chicken (Fowl)...	"	.40	"	"	"	"	" 25%
"	"	"	.35	"	"	Pork Chops.....	"	.42	"	"	"	"	" 16%
"	"	"	.40	"	"	Bacon.....	"	.43	"	"	"	"	" 8%
"	"	"	.38	"	"	Beef, Porterhouse .	"	.44	"	"	"	"	" 13%
"	"	"	.40	"	"	Ham.....	"	.45	"	"	"	"	" 12%
"	"	"	.40	"	"	Lamb Chops.....	"	.47	"	"	"	"	" 15%
"	"	"	.40	"	"	Lamb, Leg.....	"	.48	"	"	"	"	" 17%
"	"	"	.35	"	"	Chicken.....	"	.58	"	"	"	"	" 40%

SUGGESTIONS

All foods should be weighed when received from the dealer. It is placing a premium on dishonesty (or carelessness) to allow the weights to pass unchecked. If every woman patronized only those dealers who give honest weights, the practice of short-weighting would soon be stopped.

Foods in packages are always more expensive than the same kind of food in bulk.

It is cheaper to buy in large quantities than in small, PROVIDED there is no danger of loss through spoilage.

Estimate of Food Required for Serving 100 Persons (and Cost)

A'MT. REQUIRED	FOOD	COST
5 lbs.	**Salted Almonds**	$ 5.00
	Beverages:	
20 qts.	Chocolate (2 lbs.) (See Recipe)	3.18
20 qts.	Coffee (2 lbs.) (See Recipe)	1.20
20 qts.	Fruit Punch (See Recipe)	5.00
20 qts.	Lemonade (4 doz. lemons) (See Recipe)	2.00
20 qts.	Tea (¾ lb.)	.55
3½ lbs.	**Loaf Sugar** (For Coffee or Tea)	.30
2½ qts.	**Cream** (Half and Half) (For Coffee or Tea)	1.20
2 qts.	Cream (Whipped) (100 TBS.)	2.00
6 cakes	**Cakes** (Cut in slices or squares)	4.50
10 cakes	" (Cut like a pie)	7.50
15 lbs.	**Cakes** (mixed, fancy, macaroons, etc.)	9.00
16 bunches	**Celery**	3.20
7 qts.	**Cranberry Sauce** (5 qts cranberries)	2.30
6 lbs.	**Candy**	3.60
	Desserts: Blanc Mange (Chocolate)	1.40
10 qts.	Charlotte Russe	6.00
2½ gals.	Ice Cream (Bricks)	7.00
2 gals.	Ice Cream (Bulk)	6.00
15 lbs.	Plum Pudding	9.00
17 pies	Pies	6.80
5 qts.	Pudding Sauce	
	Sponges (Snow Pudding)	2.40
45 lbs.	**Meat:** Beef, Pork or Veal	15.00
30 lbs.	Sliced (No Bones)	18.00
60 lbs.	Turkey (or Chicken)	24.00
4 qts.	**Olives**	3.00
4 qts.	**Pickles**	1.20
14 doz.	**Rolls**	2.80
3 lbs.	**Butter** (For Rolls)	1.32
5 gals.	**Salads:** Chicken (32 lbs.) (8 qts. diced fowl)	9.60
	(8 qts diced celery)	1.60
2½ pks.	Potatoes	.75
12 lbs.	Cabbage	.36
6 heads	Lettuce	.90
2½ qts.	Dressing; Vegetable Oil Mayonnaise	1.60
2½ qts.	Cooked (See Recipe)	1.00
200	**Sandwiches:** (2 full slices per person)	
10 loaves	Bread	1.30
3 lbs.	Butter	1.32
2½ qts.	Filling:	
5 pkgs.	Cream Cheese	.75
8 lbs.	Fowl (8 cups, chopped)	2.40
4 lbs.	Ham (no bones)	2.40
1¼ lbs.	Nuts (chopped)	.75
20 qts.	**Soup**	
	Vegetables: Scalloped Corn (See Recipe)	4.00
17 cans	Peas	3.40
2½ pks.	Potatoes (Riced)	.75
25 qts.	Potatoes (Scalloped)	
	Scalloped Spaghetti and Bacon (See Recipe)	5.00

Food Values Which Should Be Considered in Planning Meals

At least five factors should be considered in planning meals: Calories, Minerals, Vitamins, Water, and Roughage.

1. Food is needed primarily to build up and repair the tissues and to supply the energy requirements of the body. The value of food with respect to both these considerations is conveniently measured as fuel value in calories. One calorie is the amount of heat that will raise the temperature of one pound of water 4 degrees Fahrenheit. The amount of food which will furnish this quantity of heat when digested in the body is a one-calorie portion of that food (of bread, for instance, it is 1/10 oz. or a half-inch cube). See table following this article.

The number of calories required daily by the body varies with age, size, occupation, health, and climate,

The following table is taken from the "Canadian Cook Book" (Published by The Ryerson Press,Toronto) with the permission of the author, Nellie Lyle Pattinson.

"DAILY FOOD REQUIREMENTS

Individual	Weight	Activity	Requirements in Calories
Man	150 lbs.	Moderately active work	2500–3200
		Sedentary work	2200–2800
Woman	130 lbs.	Moderately active work	2200–2500
		Sedentary work	2000–2200
Children	Ages		
	1–2 years		1000–1200
	2–5 years		1200–1500
	6–9 years		1400–2000
	10–13 years	Boys 2300–3000	Girls 1800–2400
	14–17 years	Boys 2800–3400	Girls 2200–2600"

Less than the caloric requirement will usually result in loss of weight.

More than the caloric requirement will usually result in a gain of weight.

"Reducing" should be undertaken only under the supervision of a physician.

Calories are obtained from protein (milk, eggs, cheese, flesh, fish, legumes, etc.), from carbohydrates (sugar and starch) and from fats.

To obtain satisfactory results from food a mixed diet is best. A "balanced ration" economically adapted to body requirements will consist of about the following proportions:—

1/5 Proteins: Necessary for growth. Produce most waste. The most expensive food.

3/5 Carbohydrates: Provide fuel. The cheapest form of food. Produce least waste.

1/5 Fat: Provide fuel and store energy.

Too little protein stunts body growth and renewal.

Too much protein may produce rheumatism, gout, kidney and liver troubles, nervousness and other forms of auto-intoxication.

Too little carbohydrates limit the energy out-put.

Too much carbohydrates and fat may produce indigestion.

Too much sugar may produce kidney disorders and even diabetes.

Too little fat starves the nerves.

2. The second requirement of a correct diet is the proper amount of Minerals. The body employs 12 minerals in its structure and metabolism. All but three of these minerals are present in sufficient amounts in the ordinary diet. Care should be exercised that a sufficiency of these three: Calcium, Phosphorus, and Iron, is present in the daily food.

Calcium is necessary for growth of the bones and teeth.

Phosphorus is necessary for the nerve cells.

Iron is necessary for the red blood corpuscles.

Of these minerals the daily requirement of a man (a child needs even more) is about:-

.7 gram Calcium, 2.75 gram Phosphorus, .015 gram Iron.

Iodine lacking in the water in some localities may be supplied by sea-foods (particularly oysters, clams, lobsters, etc.) or by iodized salt. The body requires only ½ tsp. salt per day. Too great an excess is injurious.

Minerals as supplied in drugs do not seem to be as readily assimilated as the organically combined minerals supplied in food by vegetable and animal tissues.

3. A third factor, very necessary to health, is the Vitamin content of food. Vitamins are as yet chemically undefined, but are essential to proper growth, and even to life. The most common are known as Fat Soluble A, Water Soluble B and C. (With "A" we have included "D".)
Some of the principal sources are:-

Of Vitamin A, animal fats (butter, cream, etc.), yolks of eggs, green-leaf vegetables, oranges, tomatoes, germs of cereals, cod-liver oil, etc.

Of Vitamin B, oranges, lemons, bran, beans, green-leaf vegetables, milk, yeast.

Of Vitamin C, oranges, lemons, tomatoes, green-leaf vegetables.

Deficiency of Vitamin "A" may result in Rickets, Malnutrition, and disease of the eyes.

Deficiency of Vitamin "B" may result in Nervous Disorders, Beri-beri, and low resistance to disease.

Deficiency of Vitamin "C" may result in Scurvy.

Cooking for long periods, as a rule, diminishes the Vitamin content of a food. This is especially true of Vitamin "C".

4. Water is the fourth factor to be considered, and since two-thirds of the body weight consists of water, it is an important one. Water carries off waste, aids digestion, aids tissue building, and dilutes too concentrated foods. The daily water-requirement is 4 pints, of which about 1 pint is taken in solid food.

5. The last factor is Roughage: a sufficient bulk in needed for the proper functioning of the body: bulk is provided by the indigestible parts of certain foods; vegetables, bran, etc.

A WELL BALANCED DAILY DIET

(Metropolitan Life Insurance Co. By Permission)

"1. Milk—a qt. for a child, a pt. for an adult, as a beverage or used in cooking.
2. Vegetables—Two daily.
3. Fresh Fruits—At least one daily.
4. Meat or Fish or Eggs or Cheese or Beans or Lentils.
5. Bread and Cereals—Preferably whole wheat and other entire grain.
6. Fat—Butter or other fat in some form every day.
7. Sweets—Best when taken in a moderate amount at meal times."

Also six full cups water daily.

An eminent authority advises that at least as much should be spent for fruit and vegetables as for meat and fish, and at least as much for milk as for meat and fish.

Eat the thoroughly washed skins of apples, pears, baked potatoes etc. They contain some of the most valuable food elements.

Food Value and Cost of 100 Calorie Portions of Common Foods

(With Vitamin Content)

The following table has been compiled in part, with the permission of the publishers, from data contained in the following books:

"The Vitamins," H. C. SHERMAN and S. L. SMITH, the Chemical Catalogue Co., New York.

"Food Products," H. C. SHERMAN, the Macmillan Co. of Canada, Limited, Toronto.

"The Mothercraft Manual," LITTLE, BROWN & Co., Boston.

Approximate amounts of the various food constituents are indicated as follows:—

? signifies that the amount or presence is undetermined.

0 signifies no appreciable amount.

– signifies a small amount.

A blank signifies that no information is available.

†, ††, †††, ††††, signify relatively increasing amounts as shown in the following scheme :

	† IN EVERY 100 CALORIES	†† IN EVERY 100 CALORIES	††† IN EVERY 100 CALORIES	†††† IN EVERY 100 CALORIES
Prot. (Protein)	10 to 30 are protein	30 to 60 are protein	60 to 90 are protein	90 to 100 are protein
Fat	10 to 30 are fat	30 to 60 are fat	60 to 90 are fat	90 to 100 are fat
Carb. (Carbohydrates)	10 to 30 are carb.	30 to 60 are carb.	60 to 90 are carb.	90 to 100 are carb.
Lime	.1 g. lime	.2 g. lime	.3 g. lime	over 4 g. lime
Phosphorus	.1 g. phos.	.2 g. phos.	.3 g. phos.	over 4 g. phos.
Iron	.001 g. iron	.002 g. iron	.003 g. iron	over .004 g. iron

Cost of 100 Calories	Food (Raw, Edible Portion)	Quantity containing 100 Calories	100 CALORIE PORTIONS — CALORIES Prot.	Fat.	Carb.	MINERALS Lime	Phos.	Iron	VITAMINS A	B	C	Estimated at
$0.02	Apples	1 large (6 oz.)	–	–	††††	–	–	–	†	†	†	$0.25 doz.
.01½	Bacon	2 thin slices (.6 oz.)	–	††††	0	–	–	0	0	0	0	.40 lb.
.02½	Bananas	1 small (5 oz.)	–	–	††††	–	–	–	†	†	†	.30 doz.
.00½	Beans (Dried)	1½ TBS. (1 oz.)	†	–	††	–	††	†	?	†††	?	.10 lb.
	" (String)	1 qt. (8 oz.)	†	††	††	†	††	†††	††	††	††	.05 lb.
.02½	Beets	2 medium (8 oz.)	–	†	†††	–	†	†	?	†	?	.05 lb.
.02	Beef (Round)	Slice ½" x 2" x 2" (2 oz.)	††	††	0	–	†††	††	†	†	†	.27 lb.
.95	Beef (Juice)	1¾ cups from 3½ lbs. beef	†††	–	0	–	††††	†††	†	†	†	.27 lb.
.01	Bread (White, water)	1 thick slice 3" x 4" x ½" (1¼ oz.)	†	–	†††	–	–	–	?	†	0	.14 loaf
.01	" (Whole wheat)	1 thick slice 3" x 4" x ½" (1¼ oz.)	†	–	†††	–	†	–	†	††	?	.14 loaf
.01½	Butter	1 TBS. (½ oz.)	–	††††	0	–	–	0	†††	0	0	.44 lb.
.02	Cabbage	¾ lb	†	–	†††	††	††	†††	†	†††	†	.03 lb.
.02	Carrots	2 medium (12 oz.)	†	–	†††	†	††	†	††	†	†	.05 lb.
.05	Cauliflower	(10 oz.)	†	–	†††	††††	††††		†	††	†	.08 lb.
.40	Celery	2 heads (1¼ lbs.)	†	–	†††	††††	††††	††	?	†	?	.20 head
.01	Cheese (Canadian)	1½ cu. in. (.8 oz.)	††	†††	–	††	†††	0	††	?	?	.40 lb.
.10	Chicken (Fowl)	½" x 3" x 3" (3 oz.)	†††	†	0	–	††	0	†	†	†	.40 lb.
.02	Cocoa	3 TBS. (.7 oz.)	†	†	††	–	††	–	0	0	0	.45 lb.
.02	Cream (20%)	2 TBS	–	†††	–	–	†	–	†††	††	†	.40 pt.

Food Value and Cost of 100 Calorie Portions of Common Foods—*Continued*

Cost of 100 Calories	Food (Raw, Edible Portion)	Quantity containing 100 Calories	100 CALORIE PORTIONS						VITAMINS			Estimated at
			CALORIES			MINERALS						
			Prot.	Fat	Carb.	Lime	Phos.	Iron	A	B	C	
$ 06.	Eggs	1¼	††	†††	0	–	††	†	††	†	?	.60 doz.
.22	" (Whites)	7-8	††††	0	0	–	–	–	?	?	?	.60 doz.
.05	" (Yolks)	2	†	†††	0	–	††	††	†††	†	?	.60 doz.
.05	Fish (Lean) Haddock	1 slice, 1" x 2" x 3" (4 oz.)	††††	–	0	–	††††	–	0	†	?	.15 lb.
.06	" (Fat) Salmon	1 slice, ½" x 2" x 3" (2 oz.)	†††	††	0	–	†††	–	†	†	?	.42 lb.
.03	" (Salt) Cod	1 cup (3 oz.)	††††	–	0	–	††††	†	0	?	0	.15 lb.
.10	Grape Juice	½ cup	0	0	††††	–	–		?	†	†	.35 pt.
.04	Ham (Lean)	1½ oz.	†	†	–	–	†	–				.45 lb.
.04	Honey	4 tsp. (1 oz.)	–	0	††††	–	–	–	0	†	0	.60 lb.
.04	Liver (Calves')	2½ oz.	††	†	–				††	††	†	.24 lb.
.15	Lettuce	1 large head (1¼ lbs.)	†	–	†	††	††††	††††	††	††	†††	.15 head
.24	Lemons (Juice, 8)	1 cup .. (8 oz.)	0	0	††††	–	–		?	††	†††	.36 doz.
.01	Macaroni	16 sticks (1 oz.)	†	–	†††				?	†	0	.15 lb.
.02	Milk (whole)	2/3 cup	†	††	†	††	†††	–	†††	††	†	.13 qt.
.02	Milk (skimmed)	1-1/3 cup	††	–	††	††††	††††	–	†	††	†	.06½ qt.
.02	Molasses	1½ TBS. (1 oz.)	–	0	††††	†††	†		††	?	?	.30 qt.
.02	Nuts: Almonds	8-12 (½ oz.)	†	†††	†	–	†	–	†	†	?	.60 lb.
.01	" Peanuts	11 double (3/5 oz.)	†	†††	†	–	†	–	†	††	?	.30 lb.
.02	" Walnuts	6 (½ oz.)	†	†††	–	–	†	–	?	††	?	.60 lb.
.00½	Oatmeal	4 TBS. (1 oz.)	†	–	†††	–	††	–	†	††	0	.10 lb.
.01	Oleomargarine	1 TBS. (½ oz.)	–	††††	0				†	–	–	.30 lb.
.02½	Onions	2½ large (½ lb.)	†	–	†††	†	††	†	?	††	††	.05 lb.
.05	Oranges	1 large (½ lb.)	0	0	††††	†	–		?	††	†††	.60 doz.
.22	Oysters	½ pt. (scant)	†††	†	†	†	††††	?	–	–	–	.50 pt.
.05	Pears	1 large (⅜ lb.)	–	–	†††	–	–	–	?	†	?	.60 doz.
.00½	Peas (Dried)	2 TBS. (1 oz.)	††	–	†††	–	††	††	?	†	0	.10 lb.
.02	" (Fresh)	4 TBS. (4 oz.)	††	–	†††	–	†	††	††	††	?	.08 lb.
.00½	Potatoes	1 medium (4 oz.)	†	–	†††	–	†	†	†	††	††	.02 lb.
.01¼	Prunes	4-6 (1 oz.)	–	0	††††	–	–	–	?	†	0	.20 lb.
.01	Raisins	20 (1 oz.)	–	–	†††	–	–	†				.15 lb.
.08	Raspberries	(5 oz.)	†	–	†††	†	†	–	?	?	†††	.25 pt.
.00½	Rice (polished)	2 TBS. (1 oz.)	†	–	††††	–	–	–	0	0	0	.10 lb.
	Squash	(½ lb.)	†	†	†††	–	–	†	††	?	?	
.10	Spinach	1 qt. (1 lb.)	††	†	††	†††	††††	††††	†††	†††	?	.10 lb.
.001/3	Sugar	3 tsp. (4/5 oz.) (3 cubes)	0	0	††††	0	0		0	0	0	.08 lb.
	Yeast								0	†††	0	

It should be noted that estimates are based on 100 calorie portions. In comparing costs it must be taken into consideration that average servings at meals vary greatly in caloric value; for instance, a 100 calorie portion of oranges is 1 orange, an average serving; but a 100 calorie portion of lettuce is 1 large head, several times an average serving, etc.

Vitamins are given for the raw food; they are somewhat decreased by cooking, particularly Vitamin "C" and to a lesser degree "A". It is therefore important to have in the diet some raw food containing "C" and "A." Long, slow cooking decreases vitamins more than short cooking at a high temperature. Storage in contact with the air usually decreases the vitamin content.

Approximate 100 Calorie Portions of Additional Common Food

(Supplement to Previous Table)

(Data taken, in part, from Diet and Health, by Lulu Hunt Peters, with the permission of the publishers, Reilly and Lee Co., Chicago).

BEVERAGES:

3/5 cup Cocoa

BREADS:

1 Griddle Cake 4½" diam.
1 Small Muffin
1 Roll (Average)
4 Soda Biscuits
1 Waffle

CAKE:

1 oz. Plain (2½" x 1" x ¾")
2/3 doughnut
2 Plain Cookies (3" diam.)
5 Small Gingersnaps

CEREALS:

1¼ cups (1 oz.) Cornflakes, Grapenuts, Puffed Rice, etc.
1 cup Oat Meal (Cooked)
4 oz. Macaroni (Cooked)
4 oz. Rice (Cooked)

FRUIT:

4 Large Dates
½ Grapefruit (No. 45 size)
5 oz. Peach
6 oz. Pear
7 oz. Pineapple
5 oz. Berries or Grapes
1 lb. Cantaloupe

DESSERTS:

¼ cup Ice Cream
1/6 (or 2") Small Pie (without top crust)
1¼" Small Pie (with top crust)
¼ cup Plain Pudding

MEATS:

1 2/3 oz. Chicken (cooked)
1 oz. Tenderloin Beef (cooked)
3 oz. Lean Fish (cooked)
1½ oz. Fat Fish (cooked)
3 TBS. Thick Gravy
1 1/3 oz. Boiled Ham
¾ oz. Fried Ham
4 oz. Lobster
1 2/3 Sausage

NUTS:

5 Pecans
2½ tsps. Peanut Butter

SALADS:

1 TBS. (medium) Mayonnaise

VEGETABLES:

20 Stalks Asparagus (large)
3 1/3 oz. Canned Corn
1½ lbs. Cucumber (raw)
8 oz. Mushrooms (raw)
8 oz. Parsnips (raw)
1½ oz. Baked Beans (home-baked)
3 oz. Baked Beans (canned)

Menus for One Week

These menus are offered as suggestions for consecutive days, but each may, of course, be used separately. An effort has been made to arrange meals well balanced as regards the various food values. All recipes mentioned will be found either in the various tables or among the recipes. The calories are approximate for one serving: tea and coffee includes two lumps of sugar and one tablespoonful of cream; all salads include a dressing; no calorie-allowance has been made for butter on breads and this, when butter is used, should be added (1 TBS., or ½ oz. butter gives 100 calories). When no definite amount for servings is mentioned, A.S. (one average serving) is used.

SUNDAY (2455 Total Calories)

Breakfast

Cal.
100 Grapefruit (½)
120 Sausages (2)
300 Waffles (1 whole) and Maple Syrup
100 Coffee (1 cup)

Dinner

15 Consomme (A.S.)
150 Roast Beef (A.S.)
100 Yorkshire Pudding (A.S.)
150 Pan-Roasted Potatoes (1½)
20 Cauliflour (3 heaping TBS.)
100 Pineapple Salad (A.S.)
50 Cheese Straws (2)
250 Lemon Puff Pie (A.S.)
Demi-tasse (without sugar)

Supper

350 Sweetbread and Mushroom Patties (2)
200 Parker House Rolls (2)
300 Macaroon Cream (A.S.)
50 Bannochs (2)
100 Tea (1)

2455

MONDAY (2175 Total Calories)

Breakfast

100 Orange Juice (1)
100 Bacon (2 slices)
100 Toast (1)
100 Coffee (1)

Luncheon

250 Eggs a la Goldenrod with Toast Points (A.S.)
300 Apple, Date and Nut Salad (A.S.)
150 Cheese Bak'g Powder Biscuits (")
100 Tea (1)

Dinner

(A.S.)
150 Cream of Pea Soup with Croutons
150 Cold Roast Beef (A.S.)
300 French Fried Potatoes (A.S.)
25 Spinach (½ cup)
100 Apple Snow (A.S.)
150 Orange Sponge Cake (A.S.)
100 Coffee (1)

2175

TUESDAY (1720 Total Calories)

Breakfast

100 Baked Apple with Cream (1)
125 Cooked Cereal " " (A.S.)
125 Graham Muffins (1)
100 Tea (1)

Luncheon

200 Potato Soup (A.S.)
25 Soda Biscuits (1)
50 Cabbage and Pimento Salad (A.S.)
150 Nut Bread (1 slice)
100 Tea (1)

Dinner

15 Clear Soup (A.S.)
300 Shepherd's Pie (A.S.)
20 Carrots (3 hp. TBS.)
10 Relish
300 Steamed Chocolate Pudding and Foamy Sauce (A.S.)
100 Coffee (1)

1720

WEDNESDAY (2215 Total Calories)

Breakfast

100 Cantaloupe (½)
80 Poached Egg (1)
100 Toast (1)
100 Marmalade (A.S.)
100 Coffee (1)

Luncheon

150 Sardine and Cheese Hors d'-Oeuvres (A.S.)
250 Frozen Fruit Salad (A.S.)
200 Lunch Rolls (2)
100 Tea (1)

Dinner

15 Jellied Bouillon (A.S.)
150 Roast Lamb (A.S.)
200 Potato Balls with Parsley and Butter Dressing (A.S.)
100 New Peas (3 hp. TBS.)
20 Jelly Mint Sauce (A.S.)
150 Malaga Grape Salad (A.S.)
50 Toasted Soda Biscuits (2)
350 Strawberry Short Cake with Whipped Cream (A.S.)

2215

THURSDAY (2315 Total Calories)

Breakfast

100 Sliced Peaches and Cream (1)
200 Fried Liver and Bacon(A.S.)
100 Graham Bread (1)
100 Tea (1)

Luncheon

200 Spanish Omelette (A.S.)
250 Bran Muffins (2)
100 Berries and Cream (A.S.)
150 Hot Chocolate (1)

Dinner

100 Cantaloupe (½)
300 Lamb Croquettes (2)
200 Creamed New Potatoes (A.S.)
15 Green Beans (2 hp. TBS.)
50 Water Cress Salad with French Dressing (A.S.)
350 Blueberry Pie (A.S.)
100 Coffee (1)

2315

FRIDAY (2265 Total Calories)

Breakfast

200 Sliced Bananas with Cereal and Cream (A.S.)
100 Bacon (2)
200 Spoon Bread (A.S.)
100 Coffee (1)

Luncheon

350 Devilled Crab (A.S.)
100 Graham Bread (1)
150 Hawaiian Delight Salad (A.S.)
50 Cheese Straws (2)
100 Tea (1)

FRIDAY—*Continued*

Dinner

150 Tomato Bisque with Croutons (A.S.)
250 Baked Fillet of Haddock (A.S.)
100 Baked Potatoes (1)
15 Butter Beans (2 hp. TBS.)
100 Heart of Lettuce Salad with Thousand Island Dressing (A.S.)
300 Trifle (A.S.)

2265

SATURDAY (2400 Total Calories)

Breakfast

(A.S.)
100 Stewed Dried Apricots and Cream
250 Creamed Smoked Beef on Toast (A.S.)
100 Coffee (1)

Luncheon

250 Cheese Souffle (A.S.)
250 Blueberry Muffins (2)
350 Pineapple Charlotte Russe (A.S.)
100 Tea (1)

Dinner

250 Mock Duck (A.S.)
100 Rice Potatoes (A.S.)
50 Carrots and Peas (A.S.)
100 Stuffed Tomato Salad (A.S.)
50 Heated Soda Biscuits (2)
350 Apple Short (A.S.)
100 Coffee (1)

2400

Suggestions for Planning Meals

Keep a list of your favourite dishes for different meals, teas, etc. and much time will be saved in planning meals and entertainments.

If you have frequent visitors make out several "company" menus each season and you will find entertaining a simpler matter.

Keep a list of the dishes your visitors like and dislike.

Do not try experiments on guests.

If you do your own cooking, arrange "company" meals so that very little must be done at the last minute; many dishes may be prepared the day before and the absence of any feeling of anxiety or "rush" adds much to the pleasure of entertaining.

Ouly inexperienced cooks believe that the more work they have expended on a meal the more it will be enjoyed.

Meals should be planned which are in accordance with one's circumstances; it is not "good taste" for one who is combining the roles of hostess and cook to copy the elaborate menus of those who have others to make the preparation and service of such meals a comparatively simple routine.

A mixed diet is most healthful; this variety is most economically provided by changing the kinds of food from day to day, or from meal to meal, rather than to attempt to serve a great variety at one meal.

Quick Meals

(Examples of meals which can be prepared in 20 minutes)

I

Broiled Beef Tenderloins with
Sauce of Undiluted Canned Tomato Soup
French Fried Potatoes
Celery Hearts Rolls
Pineapple Dessert (Whipped Cream with Crushed Pineapple and Lady Fingers
Coffee

II

Omlette with border of
Bacon and Peas and Toast Points
Orange Whip on Baker's Sponge Cake
Cocoa

III

Canned Vegetable Soup with
Dinner Biscuits
Welsh Rarebit on
Heated Soda Biscuits
Olives
Tea Sweet Wafers

IV

Hot Ham Salad Sandwiches
Pickles
Diced Bananas, Oranges and Marshmallows sprinkled with Cocoanut
Coffee

V

Clark's Frizzled Smoked Beef
Diced Potatoes in White Sauce
Canned Asparagus Salad with Green Pepper (Rings or Chopped)
Toasted Soda Biscuits
Baumert Pimento Cheese
Tea

VI

Hot Oxo
Oyster Crackers
Canned Spinach in Egg White Sauce, sprinkled with grated Cheese
Baker's Jelly Roll with a
Pudding Sauce
Coffee

VII

Broiled, Sliced, Cooked Ham
Chopped Raw Carrot and Cabbage Salad
Baking Powder Biscuits
French Pastries
Coffee

VIII

La Belle Fermière Sausages (fried)
Tomatoes stewed with chopped onion
French Bread
Halved Grape Fruit with Grape Juice poured over
Tea

TABLE OF OVEN TEMPERATURES

USUAL TERM	TEMP.	TEST
Slow Oven	250-350 F.	A piece of white writing paper turns golden brown in 7 min.
Moderate Oven	350-375 F.	A piece of white writing paper turns golden brown in 5 min.
Hot Oven	375-450 F.	A piece of white writing paper turns dark brown in 5 min.
Very Hot Oven	450-550 F.	A piece of white writing paper turns dark brown in 3 min.

TABLE OF LEAVENING AGENTS (Unless otherwise directed)

1 tsp. B.P. = ½ tsp. Cream of Tartar + ¼ tsp. Soda

Use 2 tsps. B.P. to 1 cup Flour for Baking Powder Biscuits.
" 2 tsps. B.P. to 1 cup Flour for Hot Breads.
" 2½ tsps. B.P. to 1 cup Whole Grain Flour for Hot Breads.
" 1½ tsps. B.P. to 1 cup White Flour for 1 egg Cakes.
" 1 tsp. B.P. may replace 1 egg when recipe calls for more than 1 egg (adding liquid equivalent to the eggs omitted. (¼ c milk for each egg)
" ½ tsp. Soda to 1 cup sour Milk or Molasses.
" ¼ compressed Yeast Cake or
" ½ cup yeast } to 3 quarts flour for 10-12 hrs. raising.

To substitute sour milk for sweet use 1/3 tsp. soda for each cup sour milk and also use B.P. as given in the sweet milk recipe.

TABLE OF AMOUNTS OF SALT FOR SEASONING

Use: 1 tsp. Salt to 1 quart Soup Stock
" 2 tsps. Salt to 1 quart White Sauce
" 2 tsps. Salt to 1 quart Water for boiling Vegetables, when water is not used.
" ½ tsp. Salt to 1 quart Water for boiling Vegetables, when liquid is used with the vegetables

TABLE OF EQUIVALENTS FOR SHORTENING

8 TBS. Butter (½ cup) (4 oz.)
6 TBS. Vegetable Fat
6½ TBS. Lard
2 cups Thick Cream

TABLE OF EQUIVALENTS FOR THICKENING

1 egg
1½ yolks
1 TBS. Cornstarch
1½ TBS. Flour

Recipes

Beverages

Beverages are usually classified as:—

1. Stimulating (Coffee, Beef Tea, Tea).
2. Nutritious (Cocoa, Egg Drinks, Milk Drinks, Waters combined with nutritious ingredients).
3. Refreshing (Lemonade, Fruit Punches).

Stimulating Beverages

COFFEE: Five ways of making coffee

1. **Boiled with egg and cold water:**
   4 TBS. (rounding) ground coffee, mixed with
   ½ egg, beaten with
   ½ cup cold water. Add
   4 cups cold water. Heat slowly and boil 1-3 min. Let settle 5 min.

2. **Boiled with egg and hot water:**
   4 TBS. (rounding) ground coffee, mixed with
   ½ egg, beaten with
   ½ cup cold water. Add
   4 cups boiling water. Boil 1-5 min. Let settle 5 min., or add
   1 TBS. cold water before serving.

3. **Boiled without egg:**
   Place coffee in thin flannel bag, or allow twice the time for settling.

4. **Drip:** (made in an ordinary coffee pot)
   8 TBS. finely ground coffee, placed in a strainer. Place strainer in coffee pot, and pot in kettle of boiling water. Pour on the coffee, ½ cup at a time.
   4 cups boiling water at intervals of 3-4 min. Cover between additions of water. If desired stronger re-filter. Serve at once.
5. **Percolated:**
   4 cups cold or hot water.
   4 TBS. (rounding) ground coffee in top compartment. Place over not too hot a fire. Cook 10 min. after water begins to trickle through grounds, and as slowly as possible and not stop "perking." Serve at once.

MRS. W. MCGUINNESS.

COFFEE FOR 100 PERSONS—cost $1.30

1. **With Egg:**
   2 lbs. ground coffee. Add
   2 eggs, slightly beaten. Add
   Cold water to moisten. Place in cheesecloth bags, tying so that room is given for coffee to expand. Drop into
   20 qts. boiling water. Boil 1-5 min. Let stand 10 min. or longer.
2. **Without Egg:**
   Use same proportions as above, omitting eggs. Place coffee in cheesecloth bags in cold water. Bring slowly to the boil, and let stand ½ hour, over just enough flame to keep hot.

TEA

Use 1 tsp. tea to 1 cup boiling water, observing the following rules:—Use china or earthenware teapot. Have tea pot hot. Pour enough boiling water on leaves to cover. Infuse 3 min. near the fire, or cover with tea-cosy. Never boil. In 3 min. drain if possible and add remaining water boiling hot. Have all water freshly drawn and freshly boiled.

Tea for 100 persons:—About ¾ lb. tea and 20 qts. water. Cost $0.60.

BEEF TEA

Beef Tea—cost $0.14 cup (8 oz.)

1 lb. beef (round or rump) freed from fat and skin. Chop fine. Add
2 cups cold water. Soak 2 hours. Simmer without boiling, or cook in double boiler 3 hrs. Make up for water lost by adding cold water. Press and strain.

Beef Juice (1)—cost $0.50 a cup (8 oz.)

2 lbs. beef, freed from fat. Cut in 1½ inch squares. Broil 1½ min. over hot fire. Squeeze with hot meat press. Season. (May be added to milk or poured over toast).

Beef Juice (2)—cost $0.50 a cup.

2 lbs. beef, freed from fat. Cut in small pieces. Place in upper part of double boiler or put in gem jars and allow jars to stand in cold water on trivet. Let water come slowly to boiling point. Simmer 2 hrs. Squeeze in meat press. Re-heat in double boiler.

Nutritious Beverages

WATERS

Albumen Water

1 egg white. Stir with silver fork till albumen is broken up. Add gradually while stirring.

¾ glass cold water. Strain. Add
Sugar of milk, and flavouring if permitted. Use milk or juice of 1 orange in place of water if permitted.

Toast Water

3 slices dark brown toast. Put in a pitcher and pour in
1 qt. boiling water. Cover closely. When cold strain. Season. Serve hot or cold.

Barley Water

2 TBS. pearl barley. Wash and soak several hours in
2 qts. cold water. Boil gently in same water till water is reduced one-half (about 2 hrs., or in double boiler 4 hrs). Lemon juice, salt, sugar or cream may be added.

EGG NOGS

Serve One

	Cost	Liquid and Sugar	Egg	Directions
Coffee	$0.10	½ c. strong hot coffee 2 TBS. cream ½ tsp. sugar	1 well beaten (yolk and white separately or together)	Pour liquids and sugar slowly into whole egg or into yolk, stirring, and then cut in white beaten stiff.
Cocoa	.08	2 TBS. cocoa syrup, or 2 tsp. cocoa and ½ tsp. sugar boiled 3 min., with 4 tbs. water	1 well beaten (yolk and white separately or together)	Pour liquids and sugar slowly into whole egg or into yolk, stirring, and then cut in white beaten stiff.
Fruit		2 TBS. or more of juice of any fruit 2 TBS. or more water (cold or hot). Sugar to taste	1 well beaten (yolk and white separately or together)	Pour liquids and sugar slowly into whole egg or into yolk, stirring, and then cut in white beaten stiff.
Milk	.09	½ c. milk ½ tsp. sugar grated nutmeg, or ½ tsp. vanilla	1 well beaten (yolk and white separately or together)	Pour liquids and sugar slowly into whole egg or into yolk, stirring, and then cut in white beaten stiff.
Malted Milk	.10	2 TBS. malted milk, make paste with 2 TBS. warm water, add ½ c. water (cold or hot) stirring	1 well beaten (yolk and white separately or together)	Pour liquids and sugar slowly into whole egg or into yolk, stirring, and then cut in white beaten stiff.

CHOCOLATE OR COCOA SYRUP——cost $0.30

2 cups water
1-2 cups sugar boil to a syrup (5 min.) Add
1 cup Fry's cocoa dissolved in a little
boiling water or
4 oz. chocolate melted in double boiler. Add
1 TBS. cornstarch stirred smooth in
a little cold water. Cook 5 min. Bottle. Keep in a cool place. Serve with milk; to flavor egg nogs; with ice cream, etc.

MRS. R. E. MATTHEWS.

CHOCOLATE—cost $0.20 Serves 5-6

2 oz. chocolate melted in double boiler. Add gradually
1 cup boiling water stirring constantly over low flame till smooth. Add
¼-1/3 cup sugar and
few grains salt Boil 1 min. Add at serving time
3-4 cups hot milk Beat 2 min. with dover egg beater.

CHOCOLATE FOR 100 PERSONS—cost $3.18

2 lbs. chocolate.
4 qts. boiling water (or more)
4-5 cups sugar
½ tsp. salt
16 qts. hot milk (or less) Make as above.

Refreshing Beverages

LEMONADE—cost $0.04. Serves 2

3-4 TBS. sugar dissolved in
2 cups water. Add
juice 1 large lemon.

LEMONADE FOR 100 PERSONS—cost $2.00

5 lbs. sugar dissolved in
20 qts. water. Add
juice 4 doz. lemons.

FRUIT PUNCH—Foundation: cost $0.50 and serves 8

Foundation:
¾ cup sugar
1 qt. water cooked together 3 min. Add
½ cup lemon juice
grated rind ½ lemon
1 cup orange juice
grated rind ½ orange
For variations add:
1 cup cold tea, 1 pt. ice water, 1 pt. ginger ale, ¼ cup sugar; or
1 pt. grape juice, sugar to taste; or
1 glass jelly (currant), dissolved in 1 cup boiling water, add ¼ cup mint finely chopped; or
1 qt. ginger ale, ¼-½ cup finely chopped preserved ginger; or
1 cup chopped pineapple, ½ cup chopped maraschino cherries.

FRUIT PUNCH FOR 100 PERSONS—cost $5.00

4 cups sugar
2 cups water boiled together 15 min. Add
2 cups Sterling Blend tea (liquid)
4 cups fruit syrup (strawberry)
2 large cans grated pineapple
juice 12 oranges
juice 12 lemons let stand 1 hour. Strain and add
water to make 4 gals. liquid. Add
2 qts. charged water.
2 cups Maraschino cherries

CURRANT COOLER

3 tsps. tea leaves and
mint leaves infused with
1 pt. boiling water. Add
1 glass currant jelly whipped with
1 pt. boiling water till melted. Add
2 oranges (juice) and
sugar to taste.—Stir till sugar is dissolved. Serve on cracked ice.

MRS. E. A. GILLSON.

HOT OR FROZEN MINT ADE—cost $0.40

1 pt. sugar
1 pt. water cooked together 5 min. Add
½ cup orange juice and
2 lemons (juice and rind) which have been soaked 10 min. with
1 bunch bruised mint leaves. Strain. Serve hot or when cold, freeze.

MRS. E. A. GILLSON.

UNFERMENTED GRAPE JUICE

10 lbs. grapes
1 cup water heat in a granite kettle till seeds and pulp separate. Strain through jelly bag. Add
3 lbs sugar. Heat to boiling point. Bottle. When serving, dilute with equal amount of water.

MRS. J. E. CHURCH.

LEMON SYRUP—cost $0.40

1½ oz. tartaric acid dissolved in
4 lemons (juice). Add
4 lemons rinds (cut in pieces) and
3½ lbs. sugar. On this pour
1 qt. boiling water Stir well. Strain. Bottle. Serve with water, etc.

MRS. A. R. PELTIER.

LEMON SYRUP—cost $0.95. Makes 8 pts.

3 oz. citric acid
1 oz. tartaric acid
½ oz. epsom salts. Dissolve all in
a little boiling water. Add
4 lemons, juice and grated (or thinly sliced) rind. Add
5 lbs. sugar and
3 pts. boiling water. Stir till sugar is dissolved. Let stand till cold. Strain through muslin and bottle. To be served with water as a drink.

MRS. L. ROHR.

ORANGE SYRUP—cost $0.90. Makes 7 pts.

6 oranges, juice (grated rind of 3)
3 lemons, juice
2 oz. citric acid
3½ lb. sugar
3 pts. boiling water. Let stand till acid is dissolved. Bottle. Serve with water.

MRS. J. C. C. ALMON.

CREAM SODA—cost $0.80. Makes 6 pts.

1 qt. boiling water poured over
3 lbs. sugar. Boil 5 min. Cool. Add
2 oz. tartaric acid
3 TBS. vanilla (or other flavoring)
3 lemons, juice and
4 egg whites beaten stiff. Cork tightly in bottles. To serve, put a little in a glass and almost fill with water. Add ¼ tsp. soda. Stir till it effervesces.

MRS. J. E. CHURCH.

GARDEN PUNCH—cost $0.35. Makes 2 pts.

1 pt. boiling water poured over
3 tsp. tea and
½ cup bruised mint leaves. Let stand a few minutes. Add
6 lumps sugar rubbed over
lemon. Cool. Add
1 cup crushed canned pineapple and juice and
2 lemons, juice. Serve in tall glasses, half filled with
cracked ice. Place in each
sprigs of mint.

MRS. E. A. GILLSON.

Yeast Bread

Spring Wheat or bread flour is best for bread. Water or milk should never be more than luke warm when added to yeast, or the plants will be killed. It takes 15-20 min. to knead bread with the hands and 3-5 minutes in a bread-mixer. The best temperature for bread when rising is 68-75 degrees F.; the process may be hurried by increasing the temperature to from 75-88 degrees F. When bread is made in the day time, a satisfactory means of keeping the dough at the proper temperature is to set the mixing bowl in a pan of warm water, keeping the temperature at slightly above these temperatures (as indicated by a thermometer) by the addition of warm water. The temperture for the first 10 minutes of baking should be hot (400 F.) then reduced to moderate 350 F. It takes about an hour to bake an average size loaf. Bread shrinks from the pan when done. Cool Bread where air can circulate round the loaf.

If bread is to rise over night, allow 1 yeast cake to 2 quarts of liquid for 8 loaves. If bread is started in the morning, allow 1 yeast cake to 1 qt. liquid for 4 loaves.

DRY YEAST BREAD—cost $0.34. Makes 6 loaves.
Bake 15 min. at 400 F. then Bake 30-35 min. at 325 F.

1 qt. measure filled with
water in which potatoes have boiled
2 potatoes mashed. Pour in bread-mixer. Add
2 TBS. sugar
1 TBS. salt
1 large TBS. lard. Before supper place in a bowl
1 dry yeast cake dissolved thoroughly in
1 cup luke warm water Add
sifted bread flour to make a soft sponge. Set to rise in a warm place. Before bed time add this sponge to warm potato and water in bread-mixer. Add
3 qts. flour which has been standing in a warm place. Turn mixer 7 min. (always in one direction). Cover and set in a warm place to rise overnight. Early in the morning, stir bread down. Let rise again about 2 hrs. Put in tins. Let rise again about 1 hr. Bake in a fairly hot oven till bread has risen full height, then cook slowly.

MRS. W. A. MCGUINNESS.

BREAD—cost $0.35. Makes 6 large loaves
Bake 15 min. at 400 F. Bake 40-50 min. at 350 F.

1 cake compressed yeast Mix well with
2 TBS. sugar Dissolve in
2 qts. water which should be lukewarm (68 F.) in Winter and cool in Summer. Add
2 TBS. lard (or butter) melted and
3 qts. sifted flour. Beat till smooth with a slotted wooden spoon. Add
3 qts. sifted flour, or enough to make a moderately firm dough. Add
2 TBS. salt Knead by hand till smooth and elastic (it is this kneading by hand which gives bread a satiny smoothness). Place in a well greased bowl. Cover. Set aside to rise over night (about 9 hrs.) at a temperature of 76 F. Then mould into loaves. Fill well-greased pans half full. Let rise till light or till loaves have doubled their bulk (about 1½ hrs.). Bake at first in a very hot oven then gradually reduce heat.

MRS. W. G. KRAUSER.

BREAD—cost $0.40. Makes 5 loaves.
Bake ¾ hr.

1 yeast cake soaked 1 hr. with
1 TBS. sugar in
1 cup luke warm water. Pour in bread mixer with
1 cup scalded milk cooled to blood heat
2 cups luke warm water
3 TBS. sugar and
¾ TBS. salt
4 TBS. lard Into this beat with a wooden spoon
2½ lbs. (10 cups) flour Wrap mixer well with a woolen cloth. Place in a warm place (not on the radiator, as too much heat might turn sponge sour). Cover cloth with newspapers. Let rise over night then, add
2½ lbs. (10 cups) flour Mix thoroughly and if sticky add more flour. Let rise till light (about 3 hrs.) Make in loaves. Let rise till double its size. Place in not too hot an oven at first. Gradually increase heat (if bread is allowed to rise too much it will be full of holes; if not enough it will be heavy).

MRS. A. R. PELTIER.

BREAD—cost $0.24—Makes 6 loaves

Bake 15 min. at 400 F. then Bake 30-35 min. at 350 F.

3 pts. luke warm water poured in bread-mixer. Add
1 large TBS. lard
2 TBS. sugar
1 handful salt and
1 cake compressed yeast dissolved in
a little warm water. Add
1 qt. sifted bread flour Beat with a wooden spoon till it bubbles. Add
3 qts. (about) bread flour till stiff enough to form a ball. Cover and let stand in a warm place over night. In the morning cut down. Let rise again. Fill in pans half full. Put in hot oven for a few minutes, then bake slowly.

MRS. W. A. MCGUINNESS.

ROLLED OAT BREAD—cost $0.12. Makes

Bake 1 hour at 375 F.

2 cups boiling water poured on
1 cup rolled oats Let stand 1 hr. Add
½ cup molasses
½ TBS. salt
½ yeast cake dissolved in
½ cup warm water and
4½ cups Ogilvie flour. Mix well. Let rise over night. Beat thoroughly. Turn into buttered bread pans. Let rise again. Bake.

MRS. E. F. LAWSON.

LUNCH ROLLS—cost $0.18. Makes 2 dozen

Bake 20 min. at 450 F.

1 yeast cake. Mix well with
1 TBS. sugar Add
1¼ cups milk scalded and cooled. Add
2 TBS. butter (or lard) melted. Add
2 cups sifted flour. Beat well. Add
1 egg well beaten
1½ tsps. salt and
2 cups sifted flour Mix well. Turn on Board. Knead. Put in a well greased bowl. Cover. Set in a warm place for 2 hrs. When light mould in small biscuits, about the size of an egg, placing them about an inch apart, in well greased pans. Let rise till about double in size (about ½ hr.) Bake in hot oven.

MISS M. E. HALL.

FEATHERBED BUNS—cost $0.20. Makes

Bake 20 min. at 450 F.

1 pt. scalded milk, cooled
¼ cup melted lard
2 TBS. sugar
½ tsp. salt
1 egg beaten
½ yeast cake dissolved in
warm water Mix in enough
flour to make a batter that will drop from the spoon (a little stiffer than for cake batter). Set at 9 a.m. Let rise till 1 o'clock. Stir down but do not add any more flour. At 5 o'clock, stir. Put by spoonfuls into well greased gem pans. Put in hot oven at 20 min. to six. Cook 20 min.

MRS. H. T. THOMPSON.

PARKERHOUSE ROLLS—cost $0.24. Makes 2 doz.

Bake 20 min. at 450 F.

1 yeast cake Add
2 TBS. sugar mix well. Add
1 pt. milk scalded and cooled Add
4 TBS. lard or butter, melted. Add
1½ pts. sifted flour. Beat till smooth. Cover and let rise in a warm place 1 hr. Add
1 egg well beaten
1½ tsp. salt
1½ pts. sifted flour Knead well and place in a well greased bowl. Cover and let rise in a warm place about 1½ hrs. Roll out ¼ in. thick. Brush over with melted butter. Cut with biscuit cutter. Fold over. Place in well-greased pans 1 inch apart. Cover and let rise until double in bulk (about ¾ hr.) Bake in a hot oven.

Mrs. Wm. Hall.

HOT CROSS BUNS—cost $0.30. Makes 12

Bake 20 min. at 450 F.

1 yeast cake Add
1 TBS. sugar Mix well. Add
1 cup milk scalded and cooled. Add
2 cups sifted Ogilvie flour Beat well. Cover and let rise in a warm place about 1 hr.
¼ cup butter creamed. Add
½ cup sugar Add
1 egg well beaten. Add this mixture to the first. Add
½ cup raisins (sultanas) or currants. Add
1 tsp. salt and
2 cups sifted flour Turn on board and knead. Place in well-greased bowl. Cover. Set aside in warm place till double in bulk (about 2 hrs.) Mould into round buns. Place in well-greased pans about 2 in. apart. Cover and let rise about 1 hr. Glaze top with
white of egg diluted with
water. With a sharp knife cut a cross on top of each bun. Bake in a hot oven. Just before removing from oven, brush top of each bun with
sugar mixed with
a little water.

Miss M. E. Hall.

COLD WATER BUNS—cost $0.10. Makes

Bake 20 min. at 400F.

1 yeast cake soaked in
½ cup water Add
½ cup melted lard
½ cup sugar
½ tsp. salt Knead in
flour as for biscuits. Let stand in a cool place overnight In the morning, shape in buns. Put in pans. Let stand till they have doubled in bulk. Bake in a moderate oven. Smear with sugar and water after taking from oven.

Mrs. R. W. Scott.

SWEET FRENCH ROLLS—cost $0.25. Makes 18.

Bake 20 min. at 400 F.

1 cup milk scalded when luke-warm add
1 compressed yeast cake dissolved in
¼ cup luke-warm water Add
1½ cups Ogilvie flour Beat well. Cover. Let rise 1 hour. Add
¼ cup sugar
1 tsp. salt
2 eggs beaten
1/3 cup butter melted and
flour to knead Knead well. Let rise till double in bulk (2 hours). Shape as rolls or roll to ¼ in. Spread with
butter sprinkle with
sugar mixed with
cinnamon. Roll up like a jelly roll. Cut in 1 in. pieces. Place in pan flat side down. Let rise about 1 hour. Bake in hot oven.

MRS. M. H. MCCRADY.

SALLY LUNNS—cost $0.18. Makes 3

Bake 25 min. at 425 F.

1 yeast cake mixed with
1 TBS. sugar Add
1 cup milk scalded and cooled
2 TBS. butter melted
1 egg beaten and
3 cups bread flour sifted with
½ tsp. salt Mix with a knife. Knead a little on a floured baking board. Make into smooth rounds and place in Sally Lunn tins or in 1 lb. coffee tins, well greased, for 1 hr. Brush over with
beaten egg. Bake in hot over.

MRS. WILLIAM HALL.

SUGGESTIONS FOR BREAD

To heat rolls, pour water in a pan and out again. Place rolls in pan; cover closely and heat in a hot oven. Or place in a paper bag; close end and heat in oven.

To freshen stale bread dip in cold water and place in hot oven for a few minutes.

When a large amount of bread is baked, place a few loaves in the refrigerator till needed.

Dry bread should be heated in a slow oven till crisp, and a light brown. The thin pieces can be eaten as rusk. The crusts should be put through the meat-grinder once (or twice if fine crumbs are desired) and kept in glass jars. If crumbs start to become rancid, reheat in a slow oven and put in a fresh jar.

Dry bread allowed to remain in the bread box will tend to dry the fresh bread.

Bread-mixers are almost indispensable when very large quantities are made, but it is claimed that the results are not the same as are obtained when bread is kneaded by hand. It is this hand-kneading which gives the quality which makes home-made bread different from baker's bread.

HOT BREADS

Cost	Hot Bread	Dry Ingredients sifted together	Fat	Liquid	Eggs well beaten	Other Ingredients	Directions	Amount made
$0.09	**Baking Powder Biscuits**	2 c. flour 4 tsp. B.P. 1 tsp. salt	2–3 TBS. (half butter, half lard)	¾ c. milk or water			Work fat into dry ingredients. Add liquid gradually. Mix with a knife, as little as possible. Roll to ½ in. Cut. Bake in hot oven (425 F.) 12-15 min. Or add more liquid and drop by spoonfuls.	15-18
.15	**Cornbread**	1 c. cornmeal 1 c. flour 5 tsp. B.P. 1–4 TBS. sugar ½ tsp. salt	2–3 TBS. melted	1 c. milk (or more)	1	Twice the amount of molasses may be substituted for part or all of sugar. Different proportions of cornmeal and flour may be used.	Add milk gradually to dry ingredients. Add egg and fat. Bake in greased pans at 400 F. for 20-25 min.	Sheet ¾ in. thick. 60 sq. in.
.15	**Plain Muffins**	2 c. flour 4 tsp. B. P. 2–4 TBS. sugar ½ tsp. salt	2–3 TBS. melted butter	1 c. milk	1 (or 2)		Add milk gradually to dry ingredients. Add egg and fat. Bake in greased pans at 400 F. for 20-25 min.	12-15
.15	**Bran, Graham, or Whole Wheat Muffins**	1 c. white flour 1 c. bran, Graham or whole wheat flour 5 tsp. B. P. 1–3 TBS. sugar ½ tsp. salt	2–3 TBS. melted	1 c. milk	1	Twice the amount of molasses may be substituted for part or all of sugar. Different proportions of white and other flours may be used.	Add milk gradually to dry ingredients. Add egg and fat. Bake in greased pans at 400 F. for 20-25 min.	12-15
.15	**Cooked Cereal Muffins**	1 c. white flour ½ c. cornmeal 5 tsp. B. P. 1–4 TBS. sugar ½ tsp. salt	2–3 TBS. melted	1 c. milk	1	½ c. cooked cereal added to half the milk.	Add milk gradually to dry ingredients. Add egg and fat. Bake in greased pans at 400 F. for 20-25 min.	12-15

HOT BREADS—*continued*

Cost	Hot Bread	Dry Ingredients sifted together	Fat	Liquid	Eggs well beaten	Other Ingredients	Directions	Amount made
	Fruit or Nut Muffins	2 c. flour 4 tsp. B. P. 2-4 TBS. sugar ½ tsp. salt	¼ c. creamed butter	1 c. milk	1	Choice of ½ c. chopped dates ½ c. chopped nuts ½ c. chopped raisins or 1 c. blueberries dredged with ¼ c. flour	Cream butter, add sugar, egg and dry ingredients alternately with milk, nuts or fruit last; berries carefully	15-20
.10	**Pop Overs**	1 c. flour ¼ tsp. salt	1 tsp. melted butter (may be omitted)	1 c. milk	1		Add half the milk to dry ingredients. Beat till smooth. Add remaining milk, then eggs. Beat 5 min. with Dover egg beater, add butter. Pour into greased hissing hot muffin pans (preferably iron). Bake 30 min. at 450 F., then 15 min. at 350 F.	10-12
.18	**Plain Griddle Cakes**	2 c. white flour (or part corn-meal) 4 tsp. B. P. 2-4 tsp. sugar 1 tsp. salt	1–2 TBS. melted butter	2 c. milk	1		Add milk to dry ingredients. Add eggs. Beat till smooth. Add fat. Fry on hot griddle	12-14
	Cooked Rice or Cereal or Bread Crumb Griddle Cakes	1 c. flour 2-4 tsp. sugar 4 tsp. B. P. 1 tsp. salt	1–2 TBS. melted butter	1¼ c. milk	1	1 c. cooked rice or other cereal or bread crumbs	Add cereal or bread crumbs to dry ingredients and proceed as in griddle cakes	12-14
.28	**Waffles**	2 c. flour 3 tsp. B. P. ½-1 tsp. salt	¼ c. melted butter	1-2c. milk	2-3 yolks beaten 2-3whites beaten stiff		Add milk gradually to dry ingredients. Add yolks and butter. Beat well. Fold in whites. Fry in hot waffle irons	6-7

Hot Breads

For Foundation Hot Bread Recipes see Table of Hot Breads.

CHEESE BAKING POWDER BISCUITS—cost $0.14. Makes 18

Bake 12 min. at 425 F.

2 cups Diana Cake flour
4 tsps. baking powder sifted together. Work in
1 TBS. lard Add
½ cup grated cheese Add about
2/3 cup milk. Roll to ½ in. Cut. Bake in a very hot oven.

MISS M. E. HALL.

COCOA BISCUITS—cost $0.18. Makes 16.

Bake 15 min. at 425 F.

2 cups flour
¼ cup Fry's cocoa
½ tsp. salt
4 tsps. baking powder
½ cup sugar sifted together. Work in with a silver knife
2 TBS. butter
2 TBS. lard. Cut in carefully about
7/8 cup milk mixed with
½ tsp. vanilla Roll to ½ in. Cut. Bake in a hot oven.

MRS. R. E. MATTHEWS.

ORANGE BAKING POWDER BISCUITS—cost $0.20. Makes 15

Bake 12 min. at 425 F.

2 cups flour
4 tsp. baking powder
1 TBS. sugar
½ tsp. salt sifted together. With a knife cut in
1 TBS. lard
2 TBS. butter Add gradually
¾ cup milk Roll to ½ in. Cut and place on greased pan. Dip quickly
lumps of sugar, one at a time into
orange juice and press into centre of each biscuit. Grate orange rind on each biscuit and bake in a hot oven.

MISS M. L. PARKER.

PIN WHEEL BISCUITS—cost $0.20. Makes 20

Bake 20 min. at 400 F.

2 cups flour
4 tsp. baking powder
2/3 tsp. salt
1 tsp. sugar sifted together. With a knife cut in
2 TBS. lard
2 TBS. butter Add gradually
2/3 cup milk Roll to ¼ in. Brush with
melted butter Sprinkle with
brown sugar. If desired sprinkle with
2 TBS. citron, finely chopped and
1/3 cup raisins finely chopped. Roll like a jelly roll. Cut off pieces ¾ in. thick. Place in well greased pan and bake in hot oven.

MRS. M. H. MCCRADY.

SHORTCAKE (Without Rolling)—cost $0.25. (without filling)

Bake 20 min. at 425 F.

3 cups pastry flour sifted 4 times with
3 tsps. baking powder and
½ tsp. salt. Cut in
½ cup butter (or substitute) Add
1 egg well beaten. Spread in greased layer cake tin or drop by spoonfuls for individual cakes

Bake 20 min. in a hot oven. Split and butter. Spread with Rhubarb, Strawberry, or other fillings. (See Cake Fillings). Top with whipped cream if desired.

MRS. E. A. GILLSON.

Note: Shortcake may also be made of rich, slightly sweetened baking powder biscuit dough, rolled or not as desired. (See table of Hot Breads).

LONDON BUNS—cost $0.40. Makes

Bake 15 min. at 425 F.

1 lb. (4 cups) flour
2 tsp. baking powder
¼ cup sugar sifted together. Work in
2 oz. (¼ cup) butter. Add
3 eggs, beaten
1 cup sultana raisins
½ cup minced preserved orange peel
grated rind 1 orange
1 tsp. lemon extract and
milk to make a very stiff paste Divide into small buns. Place in a greased pan 2 in. apart. Brush with milk. Sprinkle with crushed loaf sugar (or the sugar inside the preserved orange peel). Bake in a smart oven.

MRS. J. B. YOUNG.

BAKING POWDER ROLLS—cost $0.10. Makes 15

Bake 15 min. at 450 F.

2 cups flour
1 tsp. salt
5 tsp. baking powder sifted together. Work in
1 TBS. lard. Add
¾-1 cup milk Mix with a spoon to smooth dough. Turn out on floured board. Knead quickly a few times till smooth. Cut in small pieces and form into smooth rolls. Place on greased pans and stand in warm place 20 min. Brush with butter and bake in very hot oven 10 min. Brush again with butter and bake 5 min. longer.

MRS. G. D. C. DOBBIN.

BAKING POWDER SALLY LUNN—cost $0.20. Makes 1

2 cups flour
1 tsp. salt
½ cup sugar sifted together. Rub in
1 TBS. butter. Add
2 eggs, well beaten, and
½ cup milk. Mix lightly together. Add
2 tsp. baking powder. Bake in a tube pan or in small biscuits, in a hot oven.

MRS. L. de B. MCCRADY.

CRUMBLED BRAN OR GRAHAM GEMS—cost $0.13. Makes 12.

Bake 25 min. at 400 F.

2 TBS. drippings (or lard) creamed. Add
½ cup sugar
1 egg, well beaten
1 cup white flour with which has been sifted
3 tsps. baking powder. Add
1 cup crumbled bran or Graham flour.

½ milk

MRS. W. A. MCGUINNESS.

CORNMEAL PUFFS—cost $0.17. Makes 12

Bake 20 min. at 400 F.

1 cup milk scalded. Add
1 TBS. butter and
¼ tsp. salt. Stir in
½ cup cornmeal. Stir till smoth. Pour on
2 egg yolks, beaten. Cool. Add
¼ cup sugar
¼ cup flour and
2 tsps. baking powder sifted together. Fold in
2 egg whites. Bake in hot greased muffin pans in a hot oven.

MRS. J. F. GALLAGHER.

SOUTHERN SPOON BREAD—costs $0.35. Serves 6-7

Bake 45 min. at 375 F.

4 cups milk heated to boiling point. Add gradually
2 cups cornmeal. Add
4 TBS. butter. Cook, stirring constantly, 5 min. Add
3 egg yolks beaten with
1 tsp. salt. Cool. Add
2 tsp. baking powder. Fold in
3 egg whites, beaten stiff. Turn in greased casserole. Bake in a moderate oven. Serve from the baking dish for breakfast or with pork.

MRS. L. de B. MCCRADY.

PEANUT BUTTER MUFFINS (No Eggs)—cost $0.18. Makes 15

Bake 25 min. at 400 F.

2/3 cup Clarke's Peanut Butter creamed. Add
¼ cup sugar. Cream well. Add alternately
1 cup milk and
2 cups flour with which has been sifted
4 tsps. baking powder and
¾ tsp. salt. Beat well. Bake in moderate oven in muffin tins.

MRS. M. H. MCCRADY.

PORRIDGE POPOVERS—cost $0.14. Makes

1 cup cold porridge Add
¼ cup sugar
1 egg, well beaten. Add
1½ cups flour, sifted with
4 tsps. baking powder and
¼ tsp. salt. Add
milk enough to make a stiff batter.

MISS ISOBEL MUDGE.

NUT BREAD—cost $0.32. Makes 2 loaves

Bake ¾ hr. at 350 F.

4 cups flour
4 tsps. baking powder
1 tsp. salt
½ cup sugar, sifted together. Add
1 cup chopped nuts. Add, mixed together,
2 cups milk and
1 egg well beaten. Mix well. Let rise in a warm spot 1 hour. Put in baking powder or loaf tins greased well. Bake in a medium oven.

MRS. H. B. POPE.

NUT BREAD—cost $0.25. Makes 1 loaf.

Bake 1 hr. at 350 F.

2½ cups Oglivy flour sifted with
4 tsps. baking powder
½ cup sugar and
½ tsp. salt. Add
¾ cup chopped walnuts and
1 egg well beaten, and added to
1 cup milk. Beat well. Put in a well greased bread pan. Let stand in a warm (not hot) place 1 hour. Bake in a moderate oven.

MRS. WILLIAM HALL.

NUT AND RAISIN BREAD—cost $0.25. Makes 1 loaf.

Bake ¾ hr. at 350 F.

1 egg, well beaten. Add
1 cup milk
1 cup sugar and
2 cups flour with which have been sifted
3 tsps. baking powder and
1 tsp. salt. Add
½ cup raisins and
½ cup chopped nuts floured with
½ cup flour. Let stand 20 min. and bake in a moderate oven.

MRS. C. E. BICKERDIKE.

GRAHAM DATE BREAD (Sour Milk)—cost $0.34.

Bake ¾-1 hr. at 360 F.

1 egg
2 cups sour milk
2 tsps. soda
1 cup brown sugar
3 cups Graham flour
½ tsp. salt
1 lb. dates, chopped

If sweet milk is used, add 2 tsps. vinegar.

MRS. R. M. SCOTT.

WHOLE WHEAT FRUIT BREAD (Sour Milk)—cost $0.18.

Bake 30 min. 360 F.

3 cups whole wheat flour
1 tsp. salt
1 tsp. soda
1 cup brown sugar
2 cups sour milk
½ cup dates, raisins or figs.

MRS. R. M. SCOTT.

DATE LOAF—cost $0.21. Makes 3 small loaves.

Bake ¾ hr. at 325 F.

1st part:
½ **lb. dates** cut in small pieces
1 **tsp. soda,** cover with
1 **cup boiling water,** when cool add to 2nd part.
2nd part:
1 **TBS. butter** creamed. Add
½ **cup sugar** and
1 **egg,** well beaten. Add
1¾ **cups flour** sifted with
½ **tsp. salt** Add
1 **tsp. vanilla** Bake in covered, greased tins in a slow oven. This recipe fills 3 (lb.) baking powder tins.

MRS. J. CHALMERS.

BROWN BREAD (Sour Milk)—cost $0.15. Makes 1 large loaf

Bake 1 hr. at 325 F.

2½ **cups Graham flour**
½ **cup white flour**
¼ **cup corn meal**
2 **tsp. soda**
1 **tsp. salt**
¼ **cup sugar**
2 **cups sour milk**
½ **tsp. molasses**

Batter is very thin. Bake in a slow oven

MRS. J. S. JOHNSTON.

Steamed Breads

Bread should be steamed in tightly covered tins, placed on a trivet in boiling water. Water should be kept to half the height of the mould and should boil continuously. Fill moulds not more than 2/3 full and tie down cover if loose.

STEAMED BROWN BREAD (Sour Milk)—cost $0.16. Makes 1

Steam 3 hrs.

1 **cup molasses**
1¾ **cups sour milk**
2 **cups cornmeal**
1 **cup Graham flour**
1 **tsp. soda**
½ **tsp. salt**

MRS. J. E. CHURCH.

STEAMED OR BAKED HONEY BRAN BREAD (Sour Milk)

cost $0.20 Makes 1.

Steam 3 hrs. or bake 40 min. at 325 F.

1 **cup flour**
1 **cup bran**
1 **tsp. soda**
¼ **tsp. salt**
1-1½ **cups sour milk**
½ **cup honey**
½ **cup floured raisins**

Steam or bake in a slow oven. The larger amount of milk makes the more delicious bread.

MRS. H. R. HARRIS.

BOSTON BROWN BREAD (Sour Milk)—cost $0.18. Makes 1

Steam 2½-3 hrs.

1 cup white flour
1 cup Graham flour
1 cup cornmeal
½ cup sugar
½ tsp. salt
1 tsp. soda
2 cups sour milk
¾ cup molasses

MRS. JOHN MCKAY.

Doughnuts

For directions for frying Doughnuts, see Deep Fat Frying.

SOUR MILK DOUGHNUTS—cost $0.16. Makes

Fry at 375 F.

1 TBS. lard, creamed
1 cup sugar
1 egg well beaten
1 cup sour or buttermilk
1 tsp. soda dissolved in milk
3 cups flour
1 tsp. salt
½ tsp. nutmeg or cinnamon
3 tsps. baking powder with flour

MRS. W. A. MCGUINNESS.

SWEET MILK DOUGHNUTS—cost $0.23. Makes

Fry at 375 F.

2 eggs, beaten
1 cup sugar
1 cup milk
1 TBS. butter: melted
3 cups flour
2 tsps. baking powder
½ tsp. salt

MRS. G. W. ROBINSON.

SOUR CREAM AND MILK DOUGHNUTS—cost $0.34. Makes 30

Fry at 375 F.

3 eggs, beaten. Add
1½ cups sugar
4 cups flour sifted with
½ tsp. salt
1 tsp. soda
½ tsp. cinnamon
3 tsps. baking powder
1 tsp. grated nutmeg. Add
1½ cups sour milk and cream mixed. Add additional flour to roll.

MRS. W. G. KRAUSER.

CRULLERS—cost $0.32. Makes

¼ cup butter, creamed. Add
½ cup sugar. Add
3 eggs well beaten. Beat well together. Add
2 nutmegs grated
2/3 cup milk and water
1 tsp. baking powder
1 tsp. salt. Mix all in a bowl with **flour** heated a little more than luke-warm. Use enough to make a paste. Roll thin, Cut in any desired shapes (strips, fingers, etc.) Fry in boiling lard.

MISS L. M. PARKER.

Griddle Breads

SCOTCH SCONES—cost $0.10. Makes

1½ cups flour
1 tsp. sugar
1 tsp. baking powder sifted together. Rub in
2 TBS. butter (or half this if cream is used). Add
1 cup milk or cream Roll in 2 rounds ½ in. thick. Cut in eighths like the spokes of a wheel. Fry on a griddle (keep scones from draughts while frying).

MRS. J. B. YOUNG.

GRIDDLE SCONES—cost $0.09. Makes

2 cups flour sifted with
1 small tsp. soda
1 small tsp. sugar
1 small tsp. salt
½ small tsp. cream of tartar. Mix to a soft dough with
buttermilk. Take out by spoonfuls on well floured board, handling lightly. Lift on to hot greased griddle. Fry on both sides.

MRS. WM. MACHAN.

CREAMPETS—cost $0.10. Makes

3 cups flour
2 tsps. baking powder
½ tsp. salt. Add
1 egg slightly beaten
2 TBS. melted butter and
enough milk to make a thick batter. Grease rings on hot griddle, and pour in batter. When bubbles show on surface, remove rings, turn creampets and brown. Toast slightly and cut in quarters.

MRS. F. M. FRY.

SUGGESTIONS FOR HOT BREADS

Baking powder biscuits are better if the dry ingredients are mixed and placed in a cold place over night. They may be combined with milk, cut, and put in a cold place several hours before baking.

Many prefer to use sour milk with corn meal and Graham flour. Sweet milk is usually more satisfactory with white flours since sour milk varies in acidity, and it is difficult to always use the correct amount of soda.

Muffins are more digestible than the same mixture baked in a sheet.

To grease pans, put a little grease in pans, place in warm oven; when melted, smear over with brush or soft paper, or use vegetable oils.

When a recipe calls for melted butter, it is convenient to use a vegetable oil, reducing the amount ¼.

Halves of canned peaches, well drained, may be dropped into each pop-over just before baking. Serve with peach-juice sauce as a dessert.

Creamed vegetables or meat may be served in pop-overs.

Cake

OVEN TEMPERATURES FOR BAKING CAKES

Cake	Usual Term	Temp.	Time
Fruit, Large	Very Slow	225-275 F.	3-5 hrs.
Angelfood	Slow	320 F.	1 hr.
Sponge	Slow	325 F.	45 min.-1 hr.
Fruit, Small	Slow	325 F.	1¼ hrs.
Gingerbread	Slow	325 F.	35 min.
Pound	Moderate	325-350 F.	1-1¼ hrs.
Loaf	Moderate	325-350 F.	45-60 min.
Layer or Cup	Hot	375-385 F.	20-30 min.

Before starting to make a cake read recipe carefully, then assemble all necessary ingredients and utensils. Grease pans with lard or any unsalted fat (a vegetable oil is convenient) and dust lightly with flour. An earthenware bowl and slotted wooden spoon are best for cake-mixing. Have butter softened but not melted, eggs cold, flour dry, not too cold, and sifted before measuring. Pastry (or Cake) flour is almost indispensable for Angelfood and Sponge cakes, and makes finer butter cakes than bread flour. Most of the contributed recipes in this book called for bread flour, so bread flour is used throughout unless otherwise specified. If pastry flour is to be substituted, take 2 tablespoonsful more for each cup of flour called for. Vegetable fats may be used in place of butter, reducing the amount one-fourth, and adding 1 teaspoonful salt for each cup of fat used. Drippings may be used in gingerbread or spice cakes where the flavour is disguised. Fruit is usually floured and added last; some prefer, for dark fruit cakes, to add the fruit unfloured to the creamed butter and sugar. Sour milk may replace sweet by using ½ teaspoonful soda for each cup of sour milk and 1 teaspoonful baking powder for each cup of flour. All measurements are level. Cakes are usually divided into Butter Cakes and Sponge Cakes.

I. METHOD FOR MAKING BUTTER CAKES.

Sift flour before measuring. Add salt, spices, and soda, if called for. Sift at least twice. Reserve about 1/3 flour to be added later with the baking powder. Cream butter thoroughly. Add sugar gradually and beat very well together. The coarser the sugar the longer the sugar and butter should be beaten. Break eggs separately in a saucer lest one should not be good, or a speck of yolk fall into the white; if the latter should occur, use this white for another purpose if possible, as it will never beat up properly. Beat yolks and whites separately unless otherwise directed. Beat whites till dry and flaky; yolks till thick and lemon-coloured. If kitchen is hot, place beaten whites in a cool place till used. Add beaten yolks to creamed butter and sugar. Beat well till "fluffy." Add milk and 2/3 the flour alternately (flour first to prevent curdling) beating vigorously after each addition. Beat 5 to 10 minutes till no grains of sugar are perceptible and batter looks satiny. Do not stir but beat so that the spoon leaves the bowl and air is enclosed with each stroke. Keep batter thin enough to beat easily, and add remaining 1/3 of the flour sifted with baking powder at end of beating. Some batters, such as for pound, Madeira and fruit cake, are so stiff that part or all of the whites and yolks are beaten and added together. Usually part of the beaten whites can be added last. Add flavouring. Fold in beaten whites of eggs. Beat only enough to incorporate them thoroughly in batter. Fill pans 1/2-2/3 full. Place pan as near centre of the oven as possible and preferably on the lower shelf. Do not try to bake anything else while baking a cake. Do not open oven door for 10 minutes when baking a small cake and 20 minutes a large cake. After this time if oven becomes too hot, reduce heat and hold door ajar for a few moments at a time. Open and close door gently. Do not move cake till the last quarter of the baking, and then only if necessary to prevent burning and to brown evenly. Change position carefully. When cake is done, let stand 5-10 minutes, then run knife around edge to loosen and remove cake by inverting pan gently on a wire cake cooler. Do not place in a draught. Do not frost till cake is cold.

II. METHOD FOR MAKING SPONGE CAKE AND ANGELFOOD

Sift flour before measuring. Measure and sift flour with salt at least four times, For Sponge Cakes, beat yolks till thick and lemon-coloured. Add sugar. Beat well. Beat whites stiff; for Angelfood not dry. Combine yolks (with sugar) and whites for Sponge Cakes. Add flavouring. Cut in sifted sugar gradually for Angelfood. Fold in flour gradually, being careful to mix only enough to incorporate flour in eggs. Place batter in an ungreased tube pan, in a slow oven, increasing heat slightly when cake has risen to its full height. When baked, invert tin and let cake hang in the pan till cold; then cut out. A tin with legs is desirable, but if not available, tin may be inverted upon 4 teacups.

DIVIDE TIME FOR BAKING CAKES AS FOLLOWS:

During 1st quarter cake should only rise.
" 2nd " " " rise to full height and begin to brown.
" 3rd " " " continue to brown.
" 4th " " " settle and shrink from pan.

COLD OVEN METHOD

Some cooks place all cakes in a cold oven, starting the fire just before putting the cake in the oven, and gradually increasing the heat as follows:

At	the	end	of	20	min.	thermometer registers	210	F.
"	"	"	"	30	"	" "	230	F.
"	"	"	"	50	"	" "	275	F.
"	"	"	"	60	"	" "	300	F.
"	"	"	"	75	"	" "	325	F.

Increase the usual time of baking about 1/3 thus:
A layer cake should bake about 45 min.
A loaf cake should bake about 70 min.
Angelfood and large Sponge Cake should bake about 75 min.
Rich Fruit Cake should bake about 3-5 hrs.

Cakes should not begin to brown till the third quarter of baking when using this method.

Note: We have found the cold oven method most satisfactory for Angelfood and Sponge Cake, and good for any cake using soda, but have not had as good results in baking cakes using baking powder for leavening as were obtained when the usual temperatures were followed.

TESTS TO DETERMINE WHEN CAKE IS DONE

1. Loaf will shrink from pan.
2. Cake will "spring back" when gently touched in centre, leaving no depression.
3. A wooden toothpick or steel hat-pin inserted in the centre will come out clean.
4. Little or no bubbling will be heard when cake is held to the ear.

Unless otherwise directed, the recipes following, and those in the Tables should be made according to the **Methods for making Butter Cakes or Sponge Cake** given above. The dividing the flour and adding part of it sifted with the baking powder last (or just before the addition of the whites) is optional, but we believe that better results will be attained by so doing.

CAUSES OF BUTTER CAKE FAILURES.

The cake is heavy. Probably the oven was too slow, or the cake contained too much sugar, or too much butter, or not enough or too much B.P., or soda, or not enough milk.

The cake falls. Probably the cake contained too little flour, or too little B.P., or soda, or too much B.P., or soda, or oven was too hot at first, or the oven opened too soon, or there were sudden changes in temperature of oven, the cake was moved or jarred before being "set," or taken from oven too soon, or exposed to draught after removal.

The cake is coarse-grained. Probably the butter was not sufficiently creamed, or too coarse sugar was used, or the oven was too slow, or too much B.P., or soda were used, or batter was not sufficiently beaten before addition of whites or too long after they were added.

The cake cracks badly. Probably too much flour was used, or the oven was too hot at first.

The cake rises to a peak in centre. Probably too much flour was used, or the batter was not scooped out in centre when put into pans.

The cake is stiff and bready. Probably too much flour was used, or the batter was not thin enough while being beaten.

The cake has a hard crust. Probably the cake was over-baked, or the oven was too hot, or the proportion of sugar or fat to flour was excessive.

The fruit sinks to the bottom. Probably too little flour was used, or the oven was not hot enough at first, or fruit was added last without being floured.

CAUSES OF SPONGE CAKE AND ANGELFOOD FAILURES

The cake is not light. Probably the oven was too hot.

The cake is tough. Probably the oven was too hot.

The cake cracks open on top. Probably the oven was too hot or too much flour was used.

The cake is doughy. Probably the cake was not cooked long enough.

The cake is dry. Probably the cake was cooked too long or eggs beaten too dry.

The cake is full of large holes. Probably too much cream of tartar or too little sugar were used, or the oven was too hot, or the egg whites were insufficiently blended with the other ingredients.

VARIATIONS OF BUTTER CAKES

(Any Light Butter Cake Recipe may be used as the Foundations for other Cakes.)

FOR CHOCOLATE CAKE: Add 2-4 oz. chocolate (melted and cooled) before whites of eggs or to creamed butter and sugar; or add ¼-2/3 cup cocoa to creamed butter and sugar, beating well. Omit 1 TBS. butter for each oz. chocolate and add 1 TBS. milk.

FOR CARAMEL CAKE: Add 3 TBS. caramel syrup to creamed butter and sugar.

FOR COFFEE CAKE: Use strong coffee in place of milk.

FOR CINNAMON CAKE: Sift 2 tsp. cinnamon with flour.

FOR LEMON OR ORANGE CAKE: Use fruit juice and water in place of milk and add grated rind.

FOR NUT CAKE: Add 1 cup nut meats last.

IN 1 OR 2 EGG CAKES:

For Gingerbread: Sift 1 tsp. ginger with flour, substitute molasses for ½ the milk and use sour milk for the other ½, using for leavening ½ tsp. soda for every cup of milk or molasses and 1 tsp. baking powder for every cup flour.

For Spice Cake: Sift 2 tsps. spices with flour. Add floured raisins and nuts as desired.

See Cakes for directions for making cakes in tables and recipes.

Recipes in tables are for loaf cakes; for layer or cup cakes take 2 TBS. less flour for each cup of flour used.

As the butter, flour, fruit and eggs increase, and the milk decreases, the temperature at which the cake is baked should be lowered. Cakes containing chocolate, or molasses should bake at lower temperatures than those without.

Loaf cake should bake at from 325-350 F. Layer cake at 375-385 F. Fruit cake 225-325 F.

I. BUTTER CAKES (Using Whole Eggs.)

Cake	Butter (creamed)	Sugar	Egg Yolks (well beaten)	Sifted Flour + ¼-½ tsp. salt	Milk	Baking Powder sifted with part of the flour	Egg Whites (beaten stiff)	Flavouring
1 Egg (Plain or Rich).. (Mrs.W.A.McGuinness) Cost $0.21	⅛-½ c.	1 c.	1	2 c.	1 c.	3 tsps.	1	1 tsp.
2 Egg (Plain)..... (Mrs. B. Atkinson) Cost $0.27	¼ c.	1 c.	2	1½ c.	½ c.	3 tsps.	2	1 tsp.
2 Egg (Rich)..... (Mrs. E. Gillson) Cost $0.33	½ c.	1 c.	2	2 c.	2/3 c.	3 tsps.	2	1 tsp.
3 Egg (Plain)..... Cost $0.34	1/3 c.	1 c.	3	1¼ c.	½ c.	3 tsps.	3	1 tsp.
3 Egg (Rich)..... (Mrs. A. M. Smith) Cost $0.38	½ c.	1 c.	3	1¾ c.	½ c.	3 tsps.	3	1 tsp.
3 Egg (Madeira)..... (Mrs. G. D. C. Dobbin) Cost $0.42	¾ c.	¾ c.	3	2 c.	⅛-¼ c.	2 tsps.	3	grated rind 1-2 lemons
4 Egg (Plain)..... Cost $0.44	½ c.	1½ c.	4	2 c.	½ c.	3 tsps.	1	1 tsp.
4 Egg (Rich)..... (Mrs. R. P. Raynsford) Cost $0.57	1 c.	2 c.	4	3 c.	½ c.	2 tsps.	4	1 tsp.
5 Egg (Plain)..... Cost $0.47	½ c.	2 c.	5	3 c.	2/3 c.	2 tsps.	5	1 tsp.
5 Egg (Pound)..... (Mrs. R. E. Matthews) Cost $0.56	1 c.	1 c.	5	2 c.	0	2 tsps.	5	1 tsp.
6 Egg (Madeira)..... (Mrs. J. Robinson) Cost $0.63	1 c.	1 c.	6	4 c.	0	4 tsps.	6	grated rind 1-2 lemons

II. BUTTER CAKES (Using Yolks Only)

Cake	Butter (creamed)	Sugar	Egg Yolks (well beaten)	Sifted Flour + ¼-½ tsp. salt	Milk	Baking Powder (sifted with part of the flour)	Flavouring	Bake (about)
1 Yolk..... Cost $0.19	¼ c.	¾ c.	1	1½ c.	½ c.	3½ tsp.	1 tsp.	45 min. at 345° F.
2 Yolk (Rich)..... (Mrs. G. Dobbin) Cost $0.24	½ c.	1 c.	2	1⅞ c.	½ c.	3 tsp.	1 tsp.	45 min. at 345° F.
3 Yolk (Plain)..... Cost $0.23	¼ c.	¾ c.	3	1½ c.	½ c.	3 tsp.	1 tsp.	45 min. at 345° F.
3 Yolk (Rich)..... Cost $0.30	½ c.	1 c.	3	2 c.	2/3 c.	3 tsp.	1 tsp.	50 min. at 340° F.
4 Yolk (Plain)..... Cost $0.23	¼ c.	½ c.	4	⅞ c.	½ c.	2 tsp.	1 tsp.	45 min. at 345° F.
4 Yolk (Rich)..... Cost $0.31	½ c.	¾ c.	4	1½ c.	2/3 c.	3 tsp.	1 tsp.	50 min. at 340° F.
5 Yolk (Plain)..... Cost $0.24	¼ c.	½ c.	5	⅞ c.	¼ c.	2 tsp.	1 tsp.	50 min. at 340° F.
5 Yolk (Rich)..... Cost $0.35	½ c.	1 c.	5	1¾ c.	½ c.	3¾ tsp.	1 tsp.	60 min. at 330° F.
6 Yolk (Plain)..... Cost $0.37	½ c.	1 c.	6	2 c.	1/3 c.	3 tsp.	1 tsp.	60 min. at 330° F.
6 Yolk (Rich)..... Cost $0.54	¾ c.	1 c.	6	2½ c.	½ c.	2½ tsp.	1 tsp.	60 min. at 325° F.
8-9 (To use Yolks left from Angelfood)	1/3-½ c.	1	8-9	1½ c.	½ c.	3 tsp.	grated rind 1 lemon and 1 orange	50 min. at 325° F.

III. BUTTER CAKES (Using Whites Only)

Cake	Butter (creamed)	Sugar	Sifted Flour + ¼-½ tsp. salt	Milk	Egg Whites (beaten stiff)	Baking Powder (sifted with part of the flour)	Flavouring	Bake (about)
1 White..... Cost $0.19	¼ c.	1 c.	1 2/3 c.	½ c.	1	3 tsp.	1 tsp.	40 min. at 350° F.
2 Whites (Plain).... Cost $0.22	¼ c.	1 c.	1¾ c.	½ c.	2	2½ tsp.	1 tsp.	40 min. at 350° F.
2 Whites (Rich).... Cost $0.28	½ c.	1 c.	1½ c.	½ c.	2	2½ tsp.	1 tsp.	40 min. at 350° F.
3 Whites ..... Cost $0.26	1/3 c.	1 c.	1¾ c.	½ c.	3	2½ tsp.	1 tsp.	40 min. at 350° F.
3 Whites (Rich).... Cost $0.31	½ c.	1 c.	2 c.	2/3 c.	3	3 tsp.	1 tsp.	45 min. at 350° F.
4 Whites..... Cost $0.40	½ c.	2 c.	3 c.	1 c.	4	4 tsp.	1 tsp.	50 min. at 340° F.
4 Whites (Rich).... Cost $0.33	½ c.	1 c.	2 c.	½ c.	4	4 tsp.	1 tsp.	45 min. at 340° F.
5 Whites (Rich).... Cost $0.36	½ c.	1½ c.	2 c.	½ c.	5	3 tsp.	1 tsp.	45 min. at 340° F.
6 Whites (Plain).... Cost $0.41	½ c.	1½ c.	2½ c.	½ c.	6	3 tsp.	1 tsp.	50 min. at 335° F.
6 Whites ("Brides") Cost $0.56	1 c.	2 c.	3½ c.	¾ c.	6	3 tsp.	1 tsp.	60 min. at 325° F.
8 Whites..... Cost $0.56 Mrs. T. Robertson	¾ c.	2 c.	3 c.	1 c.	8	3 tsp.	1 tsp.	55 min. at 325° F.

VARIATIONS OF ANGELFOOD

For Chocolate Angelfood substitute cocoa for ¼ the flour and increase cream of tartar ¼.

For Tutti Frutti " put ½ the batter in pan, sprinkle with ½ c. chopped almonds, cocoanut or chopped cherries; add rest of batter and run knife through to bottom of pan and gently mix fruit through cake with a circular motion of knife

VARIATIONS OF SPONGE CAKE:

For Chocolate Sponge Cake: substitute cocoa for ¼ the flour and increase cream of tartar or B.P. ¼.

" **Cocoanut** " " fold in ½ c. or more cocoanut with flour.

" **Nut** " " fold in ½ c. or more nuts with flour.

" **Orange** " " use orange juice and grated rind in place of water or lemon juice.

True Sponge Cake and Angelfoods have no baking powder or soda. "Mock" Sponge Cake and Angelfood which contain them should be baked at a little higher temperature.

SPONGE CAKE TABLE.

Cake	Eggs (beaten stiff)	Sugar (sifted)	Pastry Flour	Other Ingredients	Directions
2 Egg Mock Sponge Cake or Jelly Roll Cost $0.17	2 Whites 2 Yolks	1 c.	1 c.	3/8 c. hot water 1 TBS. vinegar 1½ tsp. B.P. ¼ tsp. salt	Add half the sugar gradually to yolks. Beat well. Add water and vinegar. Add remaining sugar. Fold in white of eggs and dry ingredients sifted together. Bake 25 min. at 340° F. in a shallow buttered and floured pan. For jelly roll line pan with buttered paper and turn out on a damp cloth. Trim edges and spread quickly with jelly. Wrap in cheese cloth.
3 Egg Mock Sponge Cake or Jelly Roll (Mrs. J. E. Church) Cost $0.21	3 Yolks 3 Whites	¾ c.	1 c.	1 TBS. hot water 1 tsp. Cream of Tartar ½ tsp. soda ¼ tsp. salt	Beat eggs together. Add sugar. Add dry ingredients except soda. Beat well. Add soda dissolved in a little water. Bake 30 min. at 340° F.
4 Egg Sponge Cake Cost $0.29	4 yolks 4 whites	1 c.	1 c.	Grated rind and juice of 1 lemon (¼ cup) ¼ tsp. salt	Add half the sugar to yolks. Beat 5 min. Add other half sugar to whites. Combine. Fold in flour and salt sifted together. Bake at 325° F. ¾ hour.
5 Egg Sponge Cake Cost $0.34	5 yolks 5 whites	1 c.	1 c.	Grated rind and juice ½ lemon (2 TBS.) ¼ tsp. salt	Add sugar gradually, to well beaten yolks. Add lemon rind and juice. Beat well. Fold in whites, then flour sifted with salt. Bake at 320° F. 1 hour.
6 Egg Sponge Cake Cost $0.37	6 yolks 6 whites	1 c.	1 c.	2 TBS. lemon juice ¼ tsp. salt	Add sugar gradually to yolks. Beat well. Add lemon juice. Beat well. Fold in whites, then flour sifted with salt. Bake at 320° F. 1 hour.
6 Yolk Mock Sponge Cake Cost $0.39	6 yolks	1 c.	1½ c.	½ c. hot water 2 tsp. B.P. ¼ tsp. salt 2 TBS. lemon juice, or 1 tsp. vanilla	Add sugar gradually to yolks. Add hot water, beating constantly. Fold in flour sifted with baking powder and salt. Bake at 330° F. 1 hour.

Ingredients given in the order in which they should be combined.

PLAIN CAKE—cost $0.24.

Bake at 360 F.

¼ **cup butter** creamed well. Add gradually
1 **cup sugar** beat well. Add
1 **egg** and
1 **yolk** beaten well together. Add
2 **cups flour** with which has been sifted
1 **tsp. cream of tartar** Add
1 **cup milk** into which has been beaten
½ **tsp. soda.** Beat well. Add
1 **tsp. flavouring.** Bake in loaf or in 2 layers. Frost with **Brown Sugar Boiled Frosting** (See Frostings).

MISS EVA THOMAS.

CAKE MIXTURE—cost $0.15.

Bake ½ hr. at 360 F.

1 egg beaten light. Add
½ cup sugar and beat well. Add
1 cup flour sifted with
1 tsp. baking powder and added alternately with
¼ cup milk. Add
1 TBS. melted butter and
1 tsp. vanilla. Bake in a moderate oven.

MRS. J. E. CHURCH.

ORANGE CAKE—cost $0.20.

Bake at 375 F.

2 eggs well beaten. Add
1 cup sugar
1 TBS. butter
½ cup milk
1½ cups flour
½ tsp. soda
1 tsp. cream of tartar
1 TBS. orange juice

Bake in 2 layers and fill with **Orange Filling** (See Table of Cake Fillings).

MRS. G. BLACKWELL.

HURRY-UP CAKE—cost $0.18.

Bake at 370 F.

¼ cup soft or melted shortening. Add in the cup
1 egg or 2 whites or 2 yolks. Fill cup with **milk.** To this mixture add
¾ cup sugar. Beat well. Add
1 1/3-1½ cups flour sifted with
3 tsps. baking powder and
¼-½ tsp. salt Add
1 tsp. flavouring. Beat vigorously 5 min. Bake in a shallow pan or in muffin tins.

HOT MILK CAKE—cost $0.18

Bake at Temp. 375 F.

2 eggs well beaten
1 cup sugar
1 cup flour sifted with a little **salt** and
1 tsp. baking powder all beaten together with
½ cup milk previously heated with
2 tsps. butter. Let bake 20 min. without disturbance. 30 min. in all. This batter is very thin.

MRS. A. W. MURRAY.

BURNT SUGAR CAKE—cost $0.76.

Bake at 350 F.

1 cup butter
1 cup sugar
2 egg yolks
1 cup water
2 cups flour Beat 5 min.

Add
2 TBS. Burnt Sugar Syrup (See Frostings)
1 tsp. vanilla
1 cup flour sifted with
3 tsps. baking powder
2 egg whites

See Frostings for Burnt Sugar Frosting for this cake.

MRS. R. J. HUNT.

CHOCOLATE CAKE—cost $0.32.

Bake ½ hr. at 350 F.

½ cup butter creamed. Add
1 cup sugar Beat well. Add
1 oz. unsweetened chocolate, melted and
2 eggs unbeaten. Beat vigorously 5 minutes. Add
½ cup milk and
1½ cups flour with which has been sifted
2 tsps. baking powder. Add
1 tsp. vanilla

Bake in shallow pan in moderate oven.

MRS. J. M. ALMOND.

CHOCOLATE FUDGE CAKE (Sour Milk) cost $0.22.

Bake at 350 F.

¼ cup butter
1 cup sugar
2 TBS. cocoa
1 egg
1 tsp. soda dissolved in
½ cup sour milk
1½ cups flour
¼ cup boiling water
1 tsp. vanilla.

See Frostings for Chocolate Fudge Cake Filling for this cake.

MRS. C. E. DEWEY.

DEVIL'S FOOD—cost $0.30.

Bake at 350 F.

4 ozs unsweetened chocolate
1 egg and yolk of another
1 cup milk
Cook all in double boiler till thick. Add
1 cup sugar
1 TBS. butter
2 cups flour with which has been sifted
1 tsp. soda
1 tsp. cinnamon.

MISS MARION MCGUINNESS.

DEVIL'S FOOD—cost $0.60.

Bake at 360 F.

1 cup grated chocolate
1 cup brown sugar
½ cup milk
1 egg yolk Cook all together in double boiler, stirring constantly till thick. Add
1 tsp. vanilla. Set aside to cool
½ cup butter creamed well. Add gradually
1 cup brown sugar. Beat well. Add
2 egg yolks well beaten and
½ cup milk alternately with
2 cups flour sifted with
¼ tsp. salt Beat well. Add cool chocolate mixture and
1 tsp. soda dissolved in
a little warm water. Fold in
2 egg whites beaten stiff. Bake in 2 layers in a moderate oven; fill and frost with **Twice cooked Marshmallow Frosting** (See Frostings).

MRS. J. C. C. ALMON.

THREE EGG CHOCOLATE CAKE—cost $0.43.

Bake at 350 F.

½ **cup butter**
1½ **cups sugar**
3 **egg yolks**
½ **cup milk**
1½ **cups flour**
1 **tsp. baking powder**
3 **egg whites** beaten stiff
6 **TBS. grated chocolate** dissolved in
3 **TBS. scalded milk.**

Bake in square pan. Cover with **Butter Frosting.** (See Frostings).

MRS. J. E. CHURCH

POTATO CARAMEL CAKE—cost $0.87.

Bake at 350 F.

2/3 **cup butter** creamed. Add
2 **cups sugar** beat well. Add
3 **egg yolks** well beaten. Add
½ **cup milk**
1 **cup hot mashed potatoes** and
2 **squares chocolate** melted. Beat well. Add
2 **cups flour** sifted with
2 **tsps. baking powder** and
½ **tsp. each cinnamon, cloves and nutmeg.** Fold in
3 **egg whites** beaten stiff. Add
1 **cup chopped walnuts.** Bake in a moderate oven.

MRS. G. W. ROBINSON.

3 YOLK CHOCOLATE CAKE (Cold oven method)—cost $0.34.

Bake 1 hr. at 325 F.

1 **cup brown sugar**
½ **cup Fry's cocoa**
½ **cup milk.** Cook slowly, stirring till smooth. Keep warm
½ **cup butter** cream well.
1 **cup brown sugar** free from lumps
Beat well 5 min. Add
3 **egg yolks** well beaten.
½ **cup milk** and
2¼ **cups Diana cake flour**
1 **tsp. soda**
½ **tsp. salt**
Beat 5 min. Add warm paste.
Beat 5 min. Add
1 **tsp. vanilla**

Use cold oven method.

MRS. M. H. MCCRADY.

EGGLESS, MILKLESS, BUTTERLESS CAKE—cost $0.25

Makes 2 lbs. Bake 1 hr. at 350 F.

1 **cup water**
1½ **cups raisins**
1 **cup brown sugar**
1/3 **cup lard**
½ **tsp. cinnamon**
½ **tsp. allspice**
½ **tsp. salt**
few gratings nutmeg. Boil all together 3 min. Cool. Add
1 **tsp. soda** dissolved in
1 **TBS. hot water** Add
2 **cups flour** in which has been sifted
1 **tsp. baking powder.** Bake in a moderate oven. Improves with age.

MRS. E. A. BECK.

SPICE CAKE—cost $0.26.

Bake at 350 F.

3 TBS. butter
1 cup sugar
1 egg and yolk of another
1 cup milk
2½ cups flour
1 large tsp. cream of tartar
¾ tsp. soda
½ tsp. allspice
½ tsp. cloves
½ tsp. cinnamon
½ tsp. ginger
1/3 cup currants
1/3 cup chopped nuts

MRS. T. C. HUDSON.

HOT WATER GINGERBREAD—cost $0.17.

Bake 20-30 minutes, 325 F.

1/3 cup butter melted in
2/3 cup boiling water
1 cup molasses
1 egg well beaten
2/3 cup flour
1½ tsp. soda
½ tsp. salt
1 tsp. cinnamon
1 tsp. ginger
¼ tsp. cloves

Beat well. Bake in shallow pan and moderate oven.

MRS. E. A. GILLSON.

GINGERBREAD—cost $0.30.

Bake at 325 F.

½ cup butter
½ cup sugar
1 cup molasses
1 cup sour milk or **buttermilk** mixed with
1 tsp. soda
1 egg
2 2/3 cups Diana cake flour
1 tsp. ginger

MRS. W. A. MCGUINNESS.

CRUMB CAKE (Sour Milk)—cost $0.17.

Bake at 350 F.

3 TBS. butter
1 cup sugar
1 2/3 cups flour
Rub altogether into crumbs. Take out
½ cup for icing, then add
1 tsp. cinnamon
½ tsp. cloves
1 tsp. soda dissolved in
1 cup sour milk
1 cup raisins floured
¼ tsp. salt

Put in buttered pan and spread the ½ cup crumbs on top of the batter for icing.

MRS. N. M. BAYNE.

KING GEORGE CAKE (Sour Milk)—cost $0.40

Bake at 350 F.

½ cup butter
1 cup brown sugar
½ cup sour milk
2 eggs well beaten
1½ cups flour
1 tsp. soda
1 tsp. cinnamon
½ cup chopped walnuts
1 cup chopped raisins floured.

See Table of Icings for **Butter Icing** for this cake.

MRS. W. A. MCGUINNESS.

MINNEHAHA CAKE (War Time Recipe)—cost $0.13.

Bake at 360 F.

1 TBS. butter
¾ cup sugar (white or brown)
½ cup molasses
1 egg yolk beaten
½ cup cold water
2 cups flour
1 TBS. soda
1 tsp. vanilla

Bake in 2 layers. See **Frostings** for **Minnehaha** Frosting.

MRS. H. R. HARRIS.

APPLE SAUCE CAKE—cost $0.42.

Bake 1¼ hrs. at 340 F.

½ cup butter
1 cup sugar
1½ cups apple sauce
3 TBS. coffee (liquid)
2½ cups flour
½ tsp. salt
½ tsp. cinnamon
½ tsp. grated nutmeg
2 tsps. soda
2 cups raisisns floured

Add apple sauce to creamed butter and sugar. Bake in moderate oven.

MRS. E. F. LAWSON.

CITRON CAKE—cost $0.90.

Bake 1½ hrs. at 340 F.

1 cup butter
2 cups sugar
5 eggs
1 cup milk
4 cups flour
1 tsp. soda
2 tsps. cream of tartar
2 tsps. lemon essence
½ lb. chopped citron.

Bake in moderate oven.

MRS. W. A. MCGUINNESS.

CHEAP (NO EGG) FRUIT CAKE—cost $0.21. Makes 2 lbs.

Bake at 350 F.

½ cup butter (or dripping)
1 cup sugar
1 cup sour milk
2 cups flour
1 tsp. soda
½ tsp. salt
½ tsp. spices
1 cup raisins

MRS. W. A. MCGUINNESS.

CHRISTMAS CAKE—cost $1.68. Makes 6 lbs.

Bake at 250 F.

1 cup butter
½ cup sugar
½ cup molasses
6 eggs
½ cup coffee
4 cups flour
1½ tsps. baking powder
1 TBS. cinnamon.
½ TBS. cloves
½ TBS. allspice
1 grated nutmeg
2 lbs. raisins
2 lbs. currants
½ lb. mixed peel
¼ lb. almonds

This cake when doubled makes a large "three story" cake.

MRS. W. A. MCGUINNESS.

FRUIT CAKE—cost $1.10. Makes a 3 lb. cake.

Bake 2½-3 hrs. at 300 F.

½ lb. (1 cup) butter cream well. Add
½ lb. (1 cup) sugar cream well. Beat in 2 at a time
6 eggs. Add
12 oz. (3 cups) flour sifted with
1 tsp. baking powder
12 oz. fruit.
Bake in a moderate oven.

MRS. W. RETTIE.

WEDDING CAKE—cost $6.75. Makes 17 lbs.

Bake 5 hrs. at 225 F.

1½ lbs. butter
1½ lbs. (3 cups) sugar
18 eggs
5 lbs. raisins
1½ lbs. mixed peel
1 lb. cherries
1 lb. pineapple
1 lb. almonds
1 lb. pecan nuts
1 glass grape jelly
1 TBS. molasses
1 TBS. mixed spices
½ tsp. soda
1½ lbs. flour (or more)
1 glass grape juice
½ nutmeg grated
2 tsps. rose water and almond extract.

Soak raisins over night in jelly and grape juice; soak pecans in scalding water. Makes 3 cakes.

MRS. C. E. DEWEY.

RICH FRUIT CAKE—cost $2.80. Makes 10 lbs.

Bake 2 hrs. at 275 F.

2 lbs. raisins
2 lbs. currants
1 lb. mixed peel
1 small glass grape juice
Mix and let stand overnight
1 lb. (2 cups) butter
2 cups sugar
2 TBS. molasses
12 eggs
½ cup milk
1 cup almonds chopped
2 cups (large) **flour**
1 tsp. soda
1 tsp. salt
1 TBS. allspice
2 TBS. cinnamon
2 nutmegs grated

If necessary to make stick together add more flour. Bake slowly.

MRS. F. S. LEACH.

SIX EGG MADEIRA CAKE—cost $0.63. Makes 3 lbs.

Bake at 325 F.

½ lb. (1 cup) butter creamed well. Add gradually
½ lb. (1 cup) sugar. Beat together well. Add
1/3 lb. (1-1/3 cups) flour and
2 eggs well beaten. Beat well. Add
1/3 lb. flour and
2 egg yolks well beaten. Beat well. Add
1/3 lb. flour with which has been sifted
4 tsps. baking powder. Add
2 egg yolks well beaten. Beat well. Fold in
4 egg whites beaten stiff. Add
1 tsp. flavouring. Bake in a moderate oven 1¼ hrs.

MRS. J. ROBINSON.

ENGLISH FRUIT CAKE—cost $1.38. Makes 4 lbs.

Bake 3 hrs. at 275 F.

1 cup butter
1½ cups sugar
6 eggs one at a time
2 cups flour
1 tsp. cinnamon
½ lb. seeded raisins
3 oz. citron peel
1 lb. currants
½ lb. lemon and orange peel
½ lb. almonds

Bake in a slow oven. Let stand in tin till cool.

MRS. H. R. HARRIS.

SULTANA CAKE—cost $0.40. Makes 2 lbs.

Bake at 350 F.

¼ lb. (½ cup) butter
½ cup sugar
½ cup milk
2 cups flour
2 tsps. baking powder.
2 eggs
½ cup sultana raisins
2 oz. candied peel
rind ½ lemon

MRS. G. O. EVERY.

FRUIT CAKE—cost $1.53. Makes 6 lbs.

Bake 2 hrs. at 300 F.

1 lb. (2 cups) butter
¾ lb. brown sugar
1 lb. (4 cups) flour
1½ lbs. currants
½ lb. sultanas
¼ lb. crystallized cherries
¼ lb. shelled almonds. All cut in small pieces.
6 egg whites
6 egg yolks

Beat all together 20 min. Bake in tin lined with greased paper.

MRS. C. OSBORNE.

WHITE FRUIT CAKE—cost $1.07. Makes 4 lbs.

Bake 1¼ hrs. at 325 F.

1 cup butter
1 cup sugar
3 cups flour
1 tsp. soda
2 tsps. cream of tartar
½ cup milk
8 egg whites
¼ lb. citron
½ lb. almonds blanched and shredded
1 cup cocoanut chopped
¼ lb. candied cherries cut in halves

Bake in a slow oven

MRS. J. F. OSBORNE.

LIGHT FRUIT CAKE—cost $1.20. Makes 5 lbs.

Bake 2 hrs. at 300 F.

1 cup butter
2 cups sugar (fruit)
4 cups flour
3 tsps. baking powder
1 cup milk
4 eggs
½ tsp. salt
¼ cup rosewater
1 cup chopped citron
½ cup chopped walnuts
½ cup shredded almonds
1 cup candied pineapple cut
1 cup candied cherries cut
1 cup seedless raisins
1 tsp. vanilla

Bake in a slow oven.

MRS. J. E. CHURCH.

LIGHT FRUIT CAKE—cost $1.85. Makes 7 lbs.

Bake at 300 F.

1 cup butter
2 cups fruit sugar
1 cup milk
5 eggs
3½ cups flour
3 tsps. baking powder
¼ tsp. salt
1 lb. raisins
1 lb. dates
½ lb. almonds
½ lb. cherries
½ lb. citron peel

Makes a very large cake. Half the quantity makes 1 loaf.

MRS. H. B. POPE.

CHOCOLATE FRUIT CAKE—cost $0.73. Makes 4 lbs.

Bake 2 hrs. at 250 F.

½ cup butter
1 cup brown sugar
3 egg yolks well beaten
½ cup molasses
2 squares melted chocolate
1 cup flour
1 tsp. cinnamon
1 tsp. nutmeg
2 cups seeded raisins
2 cups seedless raisins
½ tsp. cloves
½ tsp. allspice
½ cup shredded citron peel Fold in
3 egg whites beaten stiff and
¼ tsp. soda dissolved in 1 tsp. cold water
1 tsp. vanilla.

Pour batter in pan lined with greased paper. Bake in very slow oven.

MRS. HORACE COATES.

DATE CAKE—cost $1.13. Makes 5-6 lbs.

Bake 3 hrs. at 275 F.

1 cup butter
2 cups brown sugar
4 eggs well beaten
1 cup milk
4 cups flour
¼ lb. citron sliced and cut in strips
¼ lb. shelled walnuts chopped
1 lb. dates stoned and cut in pieces
1 lb. seeded raisins chopped
2 tsps. baking powder

Bake in slow oven.

MRS. J. M. R. FAIRBAIRN.

FRUIT CAKE (With yeast)—cost $1.67. Makes 6½ lbs.

Bake 3 hrs at 250 F.

1 lb. butter beat to cream, add
1 lb. sugar
8 eggs well beaten and
1 lb. (4 c.) **flour** mix well. Add
1 lb. (4 c.) **currants**
1 lb. seeded raisins
½ lb. mixed peel
¼ lb. chopped almonds. Add
1 cake yeast dissolved in warm water

Line tin with greased paper, and allow mixture to stand in tins for at least one hour before baking.

Bake in very slow oven.

Will keep indefinitely in an air-tight tin.

MISS K. M. AUSTIN.

CHOCOLATE DATE CAKE—cost $0.63. Makes 3 lbs.

Bake 45 min. at 350 F.

1 tsp. soda sprinkled over
2 cups dates stoned and chopped. Add
1 cup boiling water let cool.
1 cup brown sugar
½ cup milk
4 squares chocolate Cook 3 min. Add
1 tsp. vanilla Cool

Add chocolate and date mixtures to cake batter.

½ cup butter creamed
1 cup sugar
2 eggs
2 cups Diana cake flour
1 tsp. soda
1½ tsp. baking powder
½ tsp. salt.

MRS. J. E. CHURCH.

CORNISH SAFFRON CAKE (With Yeast)—cost $1.15. Makes 7 lbs.

Bake 1 hr. at 350 F.

The day before making the cake, cut in very small pieces

¾ dram saffron (or 1 dram if desired more yellow). Pour on this
¼ (scant) cup boiling water. Let soak. The next morning soak 15 min. in warm place
1 oz. yeast and
½ tsp. castor sugar in
2 tsps. warm water Add
½ cup flour which has been warmed, and
¼ cup warm water Mix to a paste and let stand in a warm place another 15 minutes. This constitutes what the Cornish folk call the "Sponge" Add the soaked saffron to
¾ pt. warmed milk Into
11½ cups warmed flour rub
¾ lb. (1½ cups) butter and
¾ lb. (1½ cups) lard Add
1½ lbs. currants (or raisins)
¼ lb. sliced lemon peel and
½ lb. (1 cup) castor sugar Rub all ingredients well together. In the centre of these, place the sponge. Very gradually mix in the milk and saffron. Knead all together. Cover well and let rise in a warm place till double its size (about 5 hrs.) Fill tins about ¾ full and bake just over an hour.

MRS. G. O. EVERY.

Sponge Cakes

POTATO FLOUR CAKE—cost $0.27. Serves 6-8.

Bake at 350 F.

4 egg yolks beaten well. Add
1 cup sugar Beat till spongy. Add
½ tsp. flavouring and
½ cup Casco potato flour sifted with
2 tsp. baking powder Fold in carefully
4 egg whites beaten very stiff.

Bake in a moderate oven about 30 minutes.

MRS. C. W. PATTERSON.

HOT SYRUP ORANGE SPONGE CAKE—cost $0.46.

Bake 1 hr. at 320 F.

1¼ cups sugar
5 TBS. water cook together till it threads well (238 F.) Pour slowly over
6 egg whites beaten stiff, stirring constantly. Beat 10 min. Add
½ cup orange juice
grated rind 1 orange and
6 egg yolks beaten well. Add
1 cup Diana cake flour sifted 5 times. Pour in an ungreased tube pan and bake in a slow oven. Invert pan and let cake hang till cold.

MRS. J. E. CHURCH.

NOTE:—For **Sunshine Cake,** make as **Hot Syrup Orange Sponge Cake,** adding ¾ tsp. cream of tartar to whites of eggs while beating, 1 tsp. vanilla with yolks and omitting orange juice.

ANGELFOOD—cost $0.33.

Bake 1 hr. at 320 F. (or Cold Oven Method)

1 cup egg whites (8-10) Add
¼ tsp. salt Beat to a froth. Add
¾ tsp. cream of tartar Beat till stiff but not dry. Add
1½ tsps. flavouring Cut in gradually
1¼ cups sifted sugar then
1 cup Diana cake flour sift 4-5 times. Do not stir and mix lightly only enough to thoroughly incorporate flour in batter.

Bake in an ungreased tube pan in slow oven about 1 hr. (or 1¼ hrs. by cold oven method). Invert pan and let hang till cold.

MRS. M. H. MCCRADY.

HOT SYRUP ANGELFOOD—cost $0.35.

Bake 1 hr. at 320 F.

1¼ cups sugar
½ cup cold water Boil together to 240 F. or till syrup threads well. Pour slowly on
1 cup egg whites (8-10) which have been beaten to a froth with
¼ tsp. salt and to which has then been added
¾ tsp. cream of tartar and which have then been beaten stiff
Beat mixture till cold (10 min.). Add
1 tsp. flavouring Fold in
1 cup Diana cup flour sifted 5 times. Bake 1 hr. in slow oven in ungreased tube pan. Invert pan and let hang till cold.

MRS. J. E. CHURCH.

SUGGESTIONS FOR CAKES

There are three ways of mixing a cake : **to stir** means to move the spoon round and round in the mixture, allowing the spoon to touch the sides and bottom of the bowl continuously. **To Beat** means to turn portions of the mixture over and over with a circular movement, causing the spoon to scrape the sides, leave the bowl and incorporate as much air as possible with each motion. **To Fold** or **Cut** means to lightly mix by cutting ingredients together with the edge of a spoon or knife, lifting the batter and folding it over only enough to blend mixtures without breaking the air cells, which would release the air that has already been beaten into the ingredients.

Leave butter in a warm room till soft before creaming it, but do not melt; or let hot water stand in the bowl to be used for creaming. When bowl is thoroughly heated, pour out water, dry, and cream butter at once.

Melted butter is used in cakes only when the amount of butter is small.

Cover unbroken, left-over yolks of eggs with cold water and they will keep several days.

To beat whites "stiff" means to beat so that they stand up in points; so that they will not fall out when the bowl is turned upside down; and so that a raw egg will rest on top without sinking in. To beat whites "dry" means to beat so that the mass has lost its wet, shiny appearance and so that particles flake off.

The whites of eggs cannot be beaten light unless the egg beater is absolutely clean and dry.

Many claim that a wire egg beater is better than a Dover beater for beating egg whites.

The yolk of an egg has more thickening and shortening and less leavening power than the white.

Fine granulated sugar is best for cake making; coarse sugar gives a coarse grained cake; powdered sugar a dry cake.

It pays to spend time creaming butter and beating it well with the sugar.

When making a large loaf cake, if the batter is very thick, press it from the centre to the corners of the pan so that the baked cake will be level on top.

A spatula will soon pay for itself by removing every bit of batter from the mixing bowl; it is also convenient for spreading thin wafers on cookie sheets

To save all of the egg, rinse bowl in which eggs were beaten with the milk and beat milk with the beater which was used for beating the eggs.

The richer and larger the cake, the longer it will take to bake and the slower should be the oven

Contrary to the general impression, Angelfood is one of the most quickly mixed cakes, and no more expensive than the average cake.

Never grease an Angelfood tin; to allow the cake to become firm without packing, it must cool by hanging in the inverted pan. If the pan has ever been greased, the cake will tend to fall out when the pan is inverted.

Rich, dark fruit cakes are more moist if steamed 3 hrs. and then baked 1 hr. at 250 F.

Always line rich fruit cake tins with paper greased with unsalted fat.

SMALL CAKES

Oven Temperatures for Baking Cookies and Small Cakes

COOKIE	USUAL TERM	TEMP.	TIME
Thick soft cookies	Hot	375 F.	12-15 min.
Thin, crisp "	Moderate	350 F.	15-20 "
Shortbread	Slow	325-F.	20-60 "
Meringues and Macaroons	Slow	250-325 F.	25-60 "
Cream Puffs	Hot	450 F.	10 " then
	Slow	325 F.	35 "
Cup Cakes	Hot	375 F.	25-30 "

If there are no directions, mix in order given.

Rolled Cookies

THICK SOFT COOKIES—cost $0.33. Makes 4 doz.
Bake 15 min. at 375 F.

½-2/3 cup lard
1½ cup sugar
1 egg beaten
1 cup sour milk
2½-2¾ cups flour
½ tsp. soda
3 tsp. baking powder
1 nutmeg grated or
1 tsp. flavouring
1 tsp. salt

Mix as soft as can be handled. Chill. Roll to ¼-½ in. Cut and bake in a hot oven. Steam after removing from pan, by covering with a cloth till cold. Place in bread box.

THIN CRISP COOKIES—cost $0.38.—Makes 16 doz.
Bake 15 min. at 350 F.

½ cup lard
½ cup butter
1½ cups sugar
1 egg beaten
½ cup sour milk
2½-3 cups flour
¼ tsp. soda
1½ tsp. baking powder
1 nutmeg grated or
1 tsp. flavouring
½ tsp. salt

Chill and roll to 1/16-1/8 in. Bake in a moderate oven.
The flavouring for these cookies may be: 1 tsp. vanilla, 1 tsp. lemon, grated rind 1 lemon or orange, ½ nutmeg grated and 1 TBS. carraway seeds, etc.

Plain cookie recipes may be used as the foundation for other varieties:

For Ginger Cookies, instead of granulated sugar use ½ brown sugar and ½ molasses adding ¼ tsp. soda and reducing the milk or increasing flour. Add 2 tsp. ginger.

For Chocolate Cookies, add 3 oz. melted chocolate to the creamed butter and sugar, or ½ cup cocoa when sifting dry ingredients. Increase sugar slightly.

For Cocoanut Cookies, sprinkle dough before cutting with shredded cocoanut and press gently with rolling pin.

For Filled Cookies, spread half cookies with filling, cover with another cookie. Press edges firmly together. Recut.

For Sugar Cookies, sprinkle cookies with sugar, white or coloured.

Any favourite butter cake recipe may be used for cookies by reducing the liquid and baking powder half and adding enough flour to permit rolling.

Sweet milk may be used instead of sour by using same amount of baking powder and omitting soda.

If sour cream is used take only 2/3 the shortening called for in the recipe.

OATMEAL COOKIES—cost $0.68. Makes 200 cookies
Temp. 350 F.

6 cups rolled oats mixed well with
3 cups flour
2 cups light brown sugar
1 tsp. salt and
1 tsp. soda Add
2 cups melted butter and lastly add
1 cup boiling water. Mix well and roll thin.

MRS. J. C. FARTHING.

DATE CAKES (Filled)—cost $0.46. Makes

Bake at 350 F.

Filling :

1 lb. dates stone, cut and boil with
a little water till smooth

Cookies :

1 cup lard or drippings creamed. Add
1 cup sugar Add
1 cup milk and
2 cups rolled oats mixed with
3 tsps. baking powder Add
flour enough to roll. Cut. Place a little filling on half the pieces. Cover with another round. Press the edges together. Recut if desired.

MISS M. MCGUINNESS.

DATE TEA COOKIES (Filled)—cost $0.63. Makes

Bake at 350 F.

Filling :

1 lb. dates
1 cup water
¼ cup sugar Boil till it thickens and will spread nicely

Cookies :

3 cups oatmeal
3 cups rolled oats
3 cups flour
½ tsp. soda
1½ cups brown sugar
1 cup butter
2 cups boiling water
Mix all together. Roll thin. Cut.

Stread half the cookies with the filling. Cover with another cookie. Press edges firmly together. Bake in a moderate oven.

MRS. R. J. HUNT.

BANNOCHS.—cost $0.25. Makes

Bake 20 min. at 350 F.

¾ cup lard or dripping
½ cup sugar
2 cups rolled oats
1 ½ cups flour
½ tsp. soda
¼ tsp. nutmeg
water enough to moisten. Roll and cut in different shapes with knife.

MRS. W. A. MCGUINNESS.

CORNMEAL COOKIES.—cost $0.12. Makes

Bake at 350 F.

3 TBS. shortening (lard)
1 egg
1 cup cornmeal and
½ cup flour
Roll thin and cut.
1 tsp. salt
2 tsps. Cook's Friend baking powder
1 TBS. sugar
milk enough to moisten.

MRS. W. A. MCGUINNESS

OATCAKES.—cost $0.12 Makes

Bake at 350 F.

4 tsps. melted drippings Rub into
1 lb. oatmeal Add
¼ tsp. salt and sufficient
water to make dough. Knead till very smooth.

Press into a round cake ½ in. thick. Roll out thin. Divide into cakes. Bake till firm. Take out and rub cakes with meal. Toast before fire till they curl up.

MRS. F. ANDERSON.

GINGERSNAPS.—cost $0.38. Makes

Bake about 10 min. at 350 F.

2 cups molasses bring to boil and pour over
1 cup lard Add, sifted together,
4 tsps. ginger
1 tsp. soda
5 cups flour Add
flour to roll very thin.

Cut and bake in a moderate oven.

MRS. H. R. SMITH.

BUTTERMILK OR SOUR MILK COOKIES.—cost $0.30 Makes 5 doz.

Bake at 350 F.

1 egg
2 cups brown sugar
½ cup shortening
1 cup buttermilk (or sour milk)
½ tsp. salt
½ cup currants
1 tsp. soda
1 tsp. cream tartar
flour to make soft dough.

Roll thin and cut in desired shapes.

MRS. T. C. HUDSON.

NUT ICE BOX COOKIES.—cost $0.88. Makes 120.

Bake at 350 F.

2 cups butter melted Add
1 cup brown sugar
1 cup white sugar Beat well. Add
3 eggs well beaten
4½ cups flour
3 tsps. soda
1 tsp. salt
1 tsp. cinnamon (or other flavouring)
1 cup chopped nuts (almonds are best).

Shape into roll about 2½ inches in diameter. Place in greased pan in ice box over night. Slice very thin and bake in moderate oven. Dough will keep some time and can be used as needed.

MRS. J. O. MEADOWS.

BUTTERSCOTCH ICE BOX COOKIES.—cost $0.35. Makes 75

Bake at 325 F.

2/3 cup butter melted
2 cups dark brown sugar
2 eggs beaten
3¼ cups flour
1½ tsps. Cook's Friend baking powder
½ tsp. salt

Make like Nut Ice Box Cookies.

MRS. M. H. MCCRADY

Sheet Cookies

ENGLISH TEA BISCUITS.—cost $0.32. Makes 24 cakes.

Bake at 400 F.

2 cups flour sifted with
3 tsps. baking powder Rub in
½ cup (4 oz.) **butter** Add
1 cup sugar
¾ cup raisins
2 eggs well beaten
milk sufficient to make soft dough

Roll to 1 inch thickness. Cut with a breakfast cup. Bake on slightly greased tin in hot oven till brown. May be cut and buttered.

MRS. R. N. WATT.

DATE AND WALNUT SQUARES.—cost $0.30. Makes

Bake at 275 F.

1 cup dates cut small
1 cup walnuts broken
2 egg yolks beaten
¾ cup granulated, fruit or pulverized sugar.
½ cup flour
1 tsp. baking powder
1/8 tsp. salt and
2 egg whites beaten stiff.

Spread very thinly on well greased pan. Bake in slow oven. Cut in squares when cool.

MRS. D. R. KENNEDY.

CHINESE CHEWS—cost $0.60. Makes

Bake 25 min. at 325 F.

¾ cup flour
1 cup sugar
1 tsp. Cook's Friend baking powder
¼ tsp. salt sifted together. Add
1 cup chopped dates
¾ cup walnuts and
2 eggs beaten light. Add
1 tsp. vanilla. Spread ¼" thick in greased pan. Bake in a moderate oven. Cut while hot in pieces 2" x 1". Ice with
Plain Icing (see **Icing Table**) Roll in
chopped almonds.

MRS. W. A. WALKER.

BUTTER SCOTCH SQUARES.—cost $0.20.

Bake at 350 F.

1 cup brown sugar
2 TBS. butter boil together a few minutes. (If too long, squares will be hard). Add
1 egg unbeaten and
1 cup flour with which have been mixed
a pinch of salt and
½ cup walnuts crushed. Bake in a moderate oven and cut in squares before cold.

MRS. H. NUNNS.

BROWNIES.—cost $0.38. Makes
Bake at 325 F.

½ **cup butter** creamed. Add gradually
1 **cup sugar.** Beat well. Add
2 **oz. chocolate** melted
2 **eggs** beaten
½ **cup flour**
½ **tsp. vanilla** and
½ **cup walnuts** chopped

Spread evenly in a greased, sheet-iron pan. Bake in a slow oven ¾ hr. When cooled a little, cut in squares.

MRS. G. F. WADLEIGH.

FAIRY WAFERS.—cost $0.11. Makes 7 doz. small wafers
Bake 15 min. at 280 F.

¼ **cup butter** creamed. Add gradually
½ **cup powdered sugar** Add almost drop by drop
¼ **cup milk** Add
¾ **tsp. vanilla** and
7/8 **cup flour** Spread with a spatula as thinly as possible on greased inverted baking pans. Grease (not cut) as desired and bake in a slow oven till a light brown. Cut apart quickly with a sharp knife. Wafers may be sprinkled with finely chopped nuts before baking. Press nuts lightly in batter. The wafers may be rolled while hot over the handle of a wooden spoon. While rolling keep pan in a hot place and fill with whipped cream just before serving.

MRS. M. H. MCCRADY.

Shortbread

SCOTCH SHORTBREAD.—cost $0.29. Makes 1¾ lbs.
Bake 1 hour at 325 F.

8 **oz. (1 cup) butter** creamed. Add gradually
4 **oz. (½ cup) fruit sugar.** Beat well. Add as much flour as can be stirred in with a knife. Turn out on board and knead in flour with hands till
1 **lb (4 cups) flour** has been used. Press in greased pan to ½ in. Prick with a fork at even, frequent intervals. Bake in a slow oven till light brown.

MISS ISOBEL D. G. YOUNG.

SCOTCH SHORTBREAD COOKIES.—cost $0.28. Makes 1¼ lbs
Bake at 325 F.

½ **cup brown sugar** added to
1 **cup butter** creamed. Work in
2 **cups flour** Add
Vanilla. Roll out quite thin, cut, and cook slowly.

MRS. A. W. MURRAY.

ROCK CAKES.—cost $0.42. Makes 2¼ lbs.
Bake at 325 F.

1 **lb. (4 cups) flour**
2 **tsps. baking powder** rubbed together with
½ **lb. (1 cup) butter** Add
2 **eggs** (3 if small)
½ **lb. (1 cup) sugar** working it in. Divide the mixture, adding sultanas or currants to one half, and peel to the other. Bake in slow oven.

MRS. H. R. HARRIS.

BACHELOR BUTTONS.—cost $0.25. Makes

Bake at 325 F.

½ **cup butter** Cream well. Add
¼ **cup sugar** Beat well. Work in
2½ **cups flour** Add
2 **eggs** well beaten. Break off pieces the size of a nut, sprinkle with sugar, bake a light brown in a moderate oven.

MRS. E. A. GILLSON.

SHORTBREAD STICKS.—cost $0.35. Makes 1½ lbs.

Bake at 325 F.

¼ **lb. (½ cup) butter** creamed. Add gradually
¼ **lb. powdered sugar**
2 **cups flour** (or less) and
2-3 **egg yolks** beaten. Roll out small pieces of dough sausage fashion about as thick as the little finger. Lay on a floured board over night. Dip in
egg white unbeaten and roll in
chopped almonds. Bake in a slow oven till a light brown.

MRS. D. R. KENNEDY.

CRUMB GINGER SHORTBREAD.—cost $0.22. Makes 1 lb.

Bake at 350 F.

½ **cup butter** creamed. Add gradually
2/3 **cup brown sugar** Add
2 **cups flour** with which has been sifted
1 **tsp. ginger** Add
¼ **tsp. soda** dissolved in
a very little water. Rub and knead together like shortbread and crumb into pan, pressing down firmly. Bake in a moderate oven. Mark in squares and leave in pan to cool.

MRS. E. DUVERNET.

DIAMONDS.—cost $0.75. Makes 2½ lbs.

Bake at 325 F.

½ **lb. (1 cup) butter** creamed. Add
1 **lb. (4 cups) flour** Mix together as for pie Add
2 eggs beaten.
½ **lb. powdered sugar** and
½ **lb. almonds** blanched and ground.

Roll very thin and cut in diamonds. Bake in a moderate oven.

MRS. D. R. KENNEDY.

CINNAMON STICKS.—cost $0.48. Makes 1 lb.

Bake at 300 F.

3 **eggs white** beaten stiff. Add
½ **lb. powdered sugar.** Add
½ **lemon** grated rind. Beat 10 min. Add
¾ **tsp. cinnamon.** Set ½ cup this mixture aside. To the rest add
½ **lb. almonds** grated or ground. If too thin, add a very little flour. Roll out on board floured or sprinkled with powdered sugar. Cut in sticks and spread with the mixture set aside. Bake in a slow oven.

MRS. D. R. KENNEDY.

FILLED, ICED BISCUITS.—cost $0.20 plus jam and icing. Makes
Bake at 350 F.

½ **lb. (2 cups) flour**
½ **tsp. baking powder**
½ **tsp. allspice**
½ **tsp. cinnamon**
2 oz. (¼ cup) sugar sifted together
Work in
¼ **lb. (½ cup) butter.** Add
1 egg beaten. Roll. Cut in fancy shapes.

Bake in moderate oven. Spread jam between and ice the tops.

MRS. A. L. WICKES.

ANGEL WHISPERS.—cost $0.30. Makes
Bake at 375 F.

½ **cup butter** creamed well. Add
½ **cup sugar** Add
2 eggs well beaten
1 cup flour and
1 cup cornstarch with which has been sifted
2 tsps. baking powder.

Put small teaspoonful on greased tin. Bake in hot oven. Put cookies together with jam, dredge with frosting sugar.

MRS. L. BAYNE.

ROCKS.—cost $0.43. Makes
Bake at 350 F.

1 cup butter creamed well
3 cups brown sugar
3 eggs well beaten
1 cup chopped walnuts
1 cup raisins
¼ **tsp. salt**
1 tsp. vanilla
Flour to make very thick
1 tsp. soda dissolved in
2 tsps. milk.

Roll into little balls in the hand. Bake till brown in moderate oven.

MRS. J. E. CHURCH.

VICTORIA BISCUITS.—cost $0.21. Makes 3 doz.
Bake at 325 F.

2 cups Ogilvie flour sifted with
¼ **tsp. soda.** Add
½ **cup fine sugar** Rub in till like fine crumbs
½ **cup (4 oz.) butter** Stir in lightly
1 egg well beaten
½ **tsp. vanilla.**

Lay in rough lumps on greased pan. Bake in slow oven 30-45 min. (till light brown).

MRS. J. B. YOUNG.

DATE SHORTCAKE.—cost $0.30. Makes
Bake at 325 F.

1 cup flour
2½ cups rolled oats (or Ogilvie Minute oats)
1 cup brown sugar
1 level tsp. baking soda
¼ **lb. (½ cup) butter** Mix all together well as for shortbread. Pack half this mixture in bottom of a medium sized pan. Spread with following filling:

1 cup brown sugar
1 cup dates
1 cup water
} Boiled together to a paste.

Add remaining short cake, pressing down firmly. Bake till a light brown in slow oven.

MRS. AUSTIN.

Drop Cookies

OATMEAL WAFERS.—cost $0.10. Makes 20 small

Bake 10-15 min. at 320 F.

1 egg well beaten. Add gradually
½ cup sugar Add
1 cup rolled oats
1/3 tsp. salt
¼ tsp. vanilla and
1 tsp. melted butter.

Drop by teaspoonfuls. Shape with a knife dipped in cold water. Bake in a slow oven.

MRS. G. O. EVERY.

VANILLA WAFERS.—cost $0.20. Makes

Bake at 325 F.

½ cup butter creamed well. Add
1/3 cup sugar
1 egg well beaten
¾ cup flour into which has been sifted
½ tsp. baking powder. Add
1 tsp. vanilla.

Drop by teaspoonfuls on greased sheet or inverted dripping pans.

WALNUT BALLS.—cost $0.30. Makes

Bake at 375 F.

½ cup butter Add
½ cup brown sugar
1 egg well beaten
1 cup flour
¼ tsp. soda
½ cup chopped nuts

Form into small balls. Bake on a greased sheet in hot oven.

MISS MARION MCGUINNESS.

CORN FLAKE DROPS.—cost $0.35. Makes

Bake at 375 F.

½ cup butter creamed. Add
1 cup brown sugar
2 eggs well beaten
1½ cups flour
2 tsps. baking powder and
1/3 tsp. salt
1 tsp. almond flavouring
4 cups corn flakes.

Drop by ½ tsp. on greased pan. Bake in hot oven.

MRS. FRED. OSBORNE.

SPICED NUT COOKIES.—cost $0.60. Makes

Bake at 350 F.

1 cup butter creamed well. Add
1½ cups sugar
3 eggs unbeaten
2½-3 cups flour
1 tsp. cinnamon and
1 tsp. allspice
1 tsp. soda dissolved in
1 TBS. water
1 cup walnuts (broken)

Drop by tsps. on buttered sheet.

MRS. J. F. GALLAGHER.

CHOCOLATE NUT AND RAISIN COOKIES.—cost $0.80. Makes

Bake at 350 F.

½ **(scant) cup butter** creamed well.
1¾ **cups sugar**
3 **eggs** well beaten. Add
3 **cups flour**
2 **tsps. baking powder**
¼ **cup milk**
3 **oz. melted chocolate**
2 **tsps. vanilla**
1 **cup chopped walnuts**
1 **cup sultana raisins**

Drop by tsps. on buttered sheet and bake about 15 min.

MRS. E. IRWIN.

MOLASSES DROP COOKIES.—cost $0.36. Makes

Bake at 350 F.

1 **cup lard** creamed. Add
1 **cup sugar** beat well. Add
1 **cup molasses** Add alternately
1 **egg** beaten with
1 **cup sour milk** and
4 **cups flour** with which have been sifted
1 **tsp. cloves**
2 **tsps. cinnamon** and
1 **tsp. soda.**

Drop on well greased pans and bake in a moderate oven.

MRS. R. P. RAYNSFORD.

MACAROONS.—cost $0.42. Makes

Bake at 325 F.

½ **lb. shelled almonds** blanched. Pound to a paste or put through the finest grinder of meat chopper. Rub together with
½ **lb. pulverized sugar** Add
2 **egg whites** unbeaten. Work well with back of spoon. Roll with hands rubbed with powdered sugar. Make the size of a walnut. Bake 1 in. apart on well buttered sheet (or cover sheet with buttered paper). Bake 15-20 min. in slow oven.

MRS. H. R. SMITH.

BOILED SYRUP MERINGUES.—cost $0.18. Makes 18 (large)

Bake 1 hr. at 270 F.

1¾ **cups sugar**
2/3 **cup water** Boil slowly, stirring till sugar is dissolved. Continue cooking without stirring to soft ball stage (238 F.). Pour syrup very slowly on
4 **egg whites** beaten dry. Beat till mixture is cold. Add
1 **tsp. vanilla** Cover and set aside for 10 min. Shape from a pastry bag or drop from a spoon and shape with a silver knife dipped in cold water, on a greased sheet. Bake in a slow oven till a light brown, then turn on their sides and bake till bases are dry. If to be filled with whipped or ice cream, bake on a smooth, hard board (about 1″ thick) moistened with cold water and covered with writing paper. Remove soft inner portion and dry shells in oven. Bake 1 hr. or more according to size.

MRS. M. H. MCCRADY.

SUGAR SYRUP KISSES.—cost $0.30. Makes

Bake 20 min. at 375 F. then 325 F.

1 cup sugar
¼ cup water Boil slowly till soft ball stage (238 F.) Place in double boiler and add
6 egg whites Beat till mixture sticks to sides. Add
2 cups cocoanut Drop by tsps. in buttered pan and bake in a quick oven at first, then lower temp.

MRS. A. SOPER.

MERINGUES.—cost $0.15.—Makes 15 large meringues.

Bake 1 hr. at 250 F.

4 egg whites beaten dry with
1/8 tsp. salt Cut in
1 cup granulated or powdered sugar. Add
½ tsp. vanilla Drop by 2 TBS. on buttered sheet. Shape with a silver knife dipped in cold water. Bake in a slow oven. Serve as a dessert topped or filled with ice-cream, covered with crushed strawberries, maple or chocolate sauce and whipped cream. For cakes, drop by teaspoonfuls and bake ½-¾ hr. at 275 F.

Nut Meringues: Add 1 cup chopped nuts with sugar in **Meringues.**

Chocolate Meringues: Sift 3 TBS. cocoa with sugar in **Meringues.**

MISS D. R. KENNEDY.

MERINGUES.—cost $0.12. Makes

Bake 1 hr. at 225 F.

4 egg whites beaten stiff, mix in quickly
2 oz. (¼ cup) icing sugar with which has been mixed
a few drops of vanilla Place on strips of sugared paper and bake in a very slow oven. When crisp, take out soft part, turn over and dry. Serve with whipped cream.

MRS. A. L. WICKES.

DATE AND NUT MERINGUES.—cost $0.50. Makes

Bake at 325 F.

1 cup sugar
2 egg whites mixed together in double boiler. Cook 10 min. Remove from stove and add
2 cups dates chopped and
1 cup walnuts chopped. Drop in small lumps or balls on a greased pan. Bake in moderate oven till light brown.

MRS. W. E. BIDWILL.

CONDENSED MILK MOCK MACAROONS.—cost $0.30. Makes

Bake 10 min. at 275 F.

½ tin (15 oz.) Borden's condensed milk. Add
¼ lb. shredded cocoanut. Drop on greased tin. Bake in slow oven.

MRS. E. H. STEWART.

DATE AND NUT MOCK MACAROONS.—cost $0.30. Makes 24.

Bake 20 min. at 300 F.

2 egg whites beaten dry. Cut in
¾ cup powdered or fruit sugar mixed with
¼ lb. almonds chopped not too fine and
¼ lb. finely chopped dates. Drop by teaspoonfuls on well greased and floured sheets. Bake in slow oven.

MRS. H. R. SMITH.

BROWN SUGAR MOCK MACAROONS.—cost $0.25.

Makes 24 small macaroons. Bake 15 min. at 325 F.

1 egg white beaten stiff with Dover egg beater. Add gradually
1 cup brown sugar beating constantly. Cut and fold in
1 cup pecan nut meats finely chopped and sprinkled with
¼ tsp. salt. Drop from spoon one inch apart on buttered sheet. Bake in slow oven.

MRS. D. R. KENNEDY.

CORNFLAKE MOCK MACAROONS.—cost $0.16. Makes

Bake 10 min. at 350 F.

1 egg well beaten. Add
½ cup sugar and
2 cups cornflakes
1 cup cocoanut
1 tsp. lemon extract and
¼ tsp. salt. Drop by teaspoonfuls and bake in a moderate oven.

MRS. C. OSBORNE.

ALMOND MOCK MACAROONS.—cost $0.30. Makes

Bake 15 min. at 325 F.

2 eggs beaten slightly. Add
1 cup brown sugar
½ cup flour mixed and sifted with
½ tsp. baking powder and
¼ tsp. salt Add
1 cup blanched almonds cut in small pieces. Bake in buttered tins in moderate oven. Put 1 almond on top of each.

MRS. G. O. EVERY.

MARGUERITES.—cost $0.18. Makes 18.

Bake at 350 F.

1 egg white beaten stiff. Add
icing sugar till mixture holds its shape. Add
½ (scant) cup walnuts chopped. Spread on centre of
salted soda biscuits. Bake in a moderate oven till light brown.

MRS. E. H. STEWART.

Cup Cakes

SOUR CREAM CAKES.—cost $0.30. Makes 24 small cakes
Bake 25 min. at 375 F.

2 egg whites beaten stiff. Add
2 egg yolks beaten stiff. Add
1 cup sugar Beat well with Dover egg beater. Add
1 cup sour cream Beat well. Add
1½ cups flour with which have been sifted
1 tsp. Cook's Friend baking powder and
½ tsp. soda Add
½ tsp. lemon juice and
gratings of nutmeg Beat well. Bake in muffin tins in a hot oven.

MRS. M. H. MCCRADY.

GINGER PUFFS.—cost $0.20. Makes
Bake at 375 F.

1 egg well beaten. Add
½ cup sugar
½ cup molasses
2 TBS. butter melted
2 cups flour
Bake in a quick oven in patty pans.

1 tsp. soda
1 tsp. ginger
¼ tsp. salt
2/3 cup sour milk.

MRS. J. E. CHURCH.

LEMON GINGER CAKES (Without Ginger) cost $0.25. Makes 20
Bake 30 min. at 350 F.

3 oz. (1/3 cup) butter
1 cup brown sugar
2 eggs yolks
½ lemon juice and grated rind
½ cup molasses
Bake in well greased gem pans in moderate oven.

1¾ cups flour
½ tsp. salt
½ tsp. soda
2 egg whites

MRS. J. F. GALLAGHER.

CREAM PUFFS OR ECLAIRS.—cost $0.28. plus filling. Makes 24.
Bake at 450 F. for 10 min. Bake at 325 F. for 35 min.

1 cup water heated in saucepan. When boiling, add, stirring,
½ cup butter When melted, add all at once
1 cup flour Beat vigorously. When mixture is thick and smooth and separates from sides of pan, remove from fire. Cool slightly. Add, one at a time,
3 eggs Beat each egg in thoroughly and beat 5 min. after the last egg is added.

Drop by spoonfuls on slightly greased baking sheet. Pile paste slightly higher in centre. Shape as nearly circular as possible with a silver knife dipped in cold water. For eclairs, force paste through a pastry bag in strips. Bake in very hot oven for 10 min. then in slow oven for 35 min. Cut tops off or cut a slit in the side with a sharp knife. Insert filling with a spoon. Fill with whipped cream (1 pt.), Cream Filling (see **Fillings**) etc. or Chicken Salad. (It takes about 2 cups diced chicken, 2 cups celery and ¾ cup salad dressing to fill these 24 puffs).

MRS. C. OSBORNE.

NOTE: Some recipes for cream puffs call for 4 eggs to the same amount of other ingredients.

TO COAT CHOCOLATE ECLAIRS

2 squares chocolate cut in pieces
5 TBS. powdered sugar
3 TBS. boiling water Stir over fire till smooth and glossy. Dip the eclairs in this while still hot. When icing has hardened, cut open and fill.

FILLINGS FOR CAKES (for 2 layers)

Cool before spreading

FILLING	SUGAR	EGGS	LIQUID	OTHER INGREDIENTS	DIRECTIONS
Cream Vanilla Chocolate Coffee (Mrs. D. R. Ross) Cost $0.12	½ c.	1 slightly beaten	1 c. scalded milk	3 TBS. flour 1/8 tsp. salt 1 tsp. vanilla or 1½ oz. chocolate melted, or 1½ TBS. coffee essence	Mix dry ingredients. Add egg. Pour milk slowly on this mixture, cook 15 min. in double boiler, stirring. Add vanilla or coffee, or melted chocolate.
Fig (Mrs. H. R. Smith) Cost $0.11	¼ c.		water	½ lb. figs, chopped	Boil figs, sugar and water till thick
Orange (Mrs. G. Blackwell) Cost $0.10	2 TBS.	1 yolk slightly beaten	1 c. filled with juice 1 orange 1 TBS. lemon juice and water	grated rind 1 orange or lemon 1 TBS. cornstarch 2 TBS. butter	Heat fruit juices and water and grated rind. Add cornstarch, put in a little cold water. Cook in double boiler 10 min. Pour into yolk. Add sugar. Cook 1 min. in double boiler. Add butter.
Whipped Cream Cost $0.25	¼ c. confectioners	1 white beaten stiff	1 c. cream, whipped stiff	½ tsp. vanilla or 1 TBS. coffee extract	Add sugar to whipped cream. Add beaten white and vanilla.
Cocoanut (Mrs. G. O. Every) Cost $0.11	½ c.		1 c. hot milk	2 TBS. cornstarch ½ c. shredded or freshly grated cocoanut	Mix sugar and cornstarch. Add milk. Cook in double boiler, stirring, 15 min. Cook till thick. Cool and add cocoanut.

UNCOOKED ICINGS

ICING	BUTTER (creamed)	LIQUID	EGG	POWDERED SUGAR (sifted)	OTHER INGREDIENTS	DIRECTIONS
Sugar **Plain** **Fruit** **Coffee** **Maple** **Cocoanut** Cost $0.07		2 TBS. hot water (milk fruit juices coffee or maple syrup)		about 1 c.	1 tsp. flavouring or ½ c. cocoanut	Stir liquid gradually into sugar. For cocoanut, sprinkle cocoanut thickly over icing while soft.
Unbeaten White **Plain** **Fig** (Mrs. H. Smith) Cost $0.10		1 TBS. cold water (cream or lemon juice)	1 white (unbeaten)	about 1 c.	1 tsp. flavouring or 2 TBS. Fig Filling (See Table of Fillings)	Add liquid to white. Stir in sugar. For Fig, add fig filling.
Beaten White **Plain** **Cocoanut** Cost $0.10		2 TBS. cold water (cream or lemon juice)	1 white (beaten stiff)	about 1 c.	1 tsp. flavouring or ½ c. cocoanut (shredded or freshly grated)	Add liquid to white. Stir in sugar. For cocoanut, add cocoanut, or sprinkle over icing while soft.
Yolk (Orange) Cost $0.14		2 TBS. orange juice 1 tsp. lemon juice	1 yolk (slightly beaten)	about 1½ c.		Add fruit juices gradually to yolk. Add sugar.
Butter (Mrs. W. A. McGuiness) Cost $0.23	½ c.	1 TBS. milk		¾ c.	1 tsp. vanilla ½ c. chopped nuts)	Add sugar to butter. Add milk, flavouring, and nuts.
Chocolate (Mrs. C. E. Dewey) Cost $0.18	2 tsps.	cream		2 c.	1 square chocolate, melted 1 tsp. vanilla	Add sugar to butter. Add cream, melted chocolate and vanilla. Beat well.
Mocha (Miss M. E. Hall) Cost $0.10	2 TBS.	1-2 TBS. hot coffee		about 1 c.	1 tsp. cocoa 1 tsp. vanilla	Add sugar to butter. Add cocoa, coffee and vanilla. Beat well.

Cake Frostings and Fillings

(See CANDY for temperatures and tests for Boiled Sugar)

"TWO WHITES" FROSTING.—cost $0.12.

1 cup sugar
1/3 cup water Make same as White Mountain Cream (which follows), but boil longer, to 242 F. (firm-ball stage). Pour onto
2 egg whites beaten dry. When frosting will hold its shape, add
1/8 tsp. cream of tartar or ½ tsp. baking powder and
1 tsp. vanilla Pour on cake.

WHITE MOUNTAIN CREAM.—cost $0.09.

1 cup sugar
1/3 cup water Bring slowly to the boiling point, having pan covered for first 5 min. to prevent the formation of crystals. Uncover and if any crystals are on the side of pan, wipe off carefully with a damp cloth or brush. Boil without stirring or moving till syrup will form a 2 in. hair when dropped from the tines of a fork (or from a spoon) and the thermometer registers 238 F. ("soft ball stage"). Let stand a few seconds, then pour, slowly (at first in the tiniest stream) on
1 egg white beaten stiff. Beat constantly while pouring syrup and for 10-25 min. till frosting will "hold its shape" (till a spoonful dropped back in the frosting, will show its mark for at least 10 seconds) or till frosting taken up on a knife, does not run off. Add
1/8 tsp. cream of tartar or ½ tsp. baking powder and
1 tsp. vanilla Beat well. Pour on cake and spread with the back of a tablespoon. If a glossy surface is desired do not touch, after pouring, except where necessary to spread.

Frosting which has not been cooked long enough can be made usable by the addition of powdered sugar.

Frosting beaten too long will be improved by the addition of a few drops of lemon juice or boiling water.

VARIATIONS OF ABOVE FROSTINGS.

To either frosting,

For **Burnt Sugar Frosting:** Add 2 tsp. Caramel Syrup to frosting after pouring syrup on eggs.

For **Cinnamon Frosting:** Beat 1 tsp. cinnamon in frosting before spreading.

MRS. T. C. HUDSON.

For **Chocolate Frosting:** Add 1 oz. chocolate melted to syrup before pouring it on egg.

For **Lady Baltimore Frosting:** Add 1 cup chopped nuts, figs and raisins before spreading.

For **Minnehaha Frosting:** Add ¾ cup chopped seeded raisins before spreading on cake.

MRS. HARRIS.

For **Maple Frosting:** Substitute maple sugar for granulated sugar, or maple syrup for sugar and water.

MISS M. HALL.

For **Marshmallow Frosting:** Add about ½ lb. marshmallows, cut in pieces immediately after pouring syrup on eggs; or melt marshmallows in double boiler and add syrup to egg mixture.

For **Nut Frosting:** Add 1 cup chopped nuts before spreading.

CORN SYRUP BOILED ICING.—cost $0.11.

1 cup sugar
2 TBS. Lily White corn syrup
¼ cup cold water Stir well. Boil slowly without stirring to 242 F. (firm ball) or till syrup spins a long thread. Pour slowly on
2 egg whites stiffly beaten. Beat till stiff. Add
2 TBS. confectioner's sugar Beat till cold Add
1 tsp. vanilla.

"A.C."

BROWN SUGAR BOILED FROSTING.—cost $0.09.

1 cup brown sugar
2 TBS. cold water Boil slowly to (soft ball) 238 F. Pour slowly on
1 egg white beaten stiff. Beat till cold. Add
1 tsp. vanilla

MISS EVA THOMAS.

FIRM AND HARD BALL FROSTING.—cost $0.09

1¼ cups sugar
½ cup corn syrup
¼ cup water cooked together slowly to 242 F. (firm ball). Pour 1/3 of the syrup on
1 egg white beaten stiff, beating constantly. Return the remainder of syrup to fire and cook to 246 F. (hard ball). Beat this into mixture of egg white and syrup. Beat till cold and till it will hold its shape. Double this amount can be made and kept for a week in a covered jar. If too stiff add a little water and beat well.

MRS. M. H. MCCRADY.

SEVEN MINUTE FROSTING.—cost $0.09.

1 egg white unbeaten
1 cup sugar granulated or brown
3 TBS. water Place all in double boiler and keep water boiling in lower part. Beat with a Dover egg beater continuously for 7 min. Add
1 tsp. vanilla Frosting should be stiff enough to hold its shape; if not, beat a few minutes after removing from fire.

MRS. J. S. CAMERON.

NOTE: ¼ lb. cut marshmallows may be added to syrup just before removing from fire.

MARSHMALLOW ICING.—cost $0.30.

1½ cups frosting sugar
4 TBS. water
28 marshmallows Melt in a double boiler, stirring constantly. Pour slowly on
1 egg white beaten stiff. Beat well.

MRS. W. A. C. HAMILTON.

TWICE COOKED MARSHMALLOW FROSTING.—cost $0.15

½ cup brown sugar
½ cup white sugar
½ cup water
½ TBS. vinegar Boil slowly together without stirring to a soft ball (238 F.) Pour slowly on
1 egg white beaten stiff. Add
1/8 lb. marshmallows. Cook in double boiler, stirring constantly, till marshmallows are melted. Remove from stove and beat till it will hold its shape.

MRS. J. S. C. ALMON.

BUTTER FROSTING (Boiled).—cost $0.17.

2 cups sugar
¼ cup butter
¾ cup milk Boil 15 min. (To 238 F.) Add
2 tsps. vanilla Beat till it thickens. Pour on cake.

MRS. J. E. CHURCH.

BOILED CHOCOLATE FROSTING.—cost $0.13.

1½ TBS butter
1/3 cup Fry's cocoa
1¼ cups powdered sugar
¼ cup milk Bring gradually to the boiling point and boil about 8 min. Remove from fire and beat till creamy. Add
1/3 tsp. vanilla Pour on cake.

BURNT SUGAR FROSTING.—cost $0.15.

2 cups brown sugar
¾ cup milk
2 tsp. Burnt Sugar Syrup (given below)
1 TBS. butter (if desired) Boil till it hairs (238 F.) Add
1 tsp. vanilla Beat till creamy and spread on cake.

MRS. R. J. HUNT.

CARAMEL FROSTING.—cost $0.07.

1 cup brown sugar caramelize with
2 TBS. butter When melted add
2 TBS. hot water cook 3 min.

MRS. F. NAFTEL.

TO CARAMELIZE SUGAR—cost $0.04

1 cup sugar placed in smooth iron spider, over a hot flame. Stir constantly till sugar is all melted and a light brown. Add very gradually, taking care that it does not boil over, (for Caramel Syrup)
1 cup boiling water Simmer 5-10 min. When cooled, pour in a jar and use for flavouring cakes, sauces, frostings, etc., or to color soups. If a thicker sauce is desired add only ½ cup water; if a stronger flavour, continue cooking sugar till a white smoke arises from syrup.

DATE AND MERINGUE ICING.—cost $0.12.

1 cup dates cut in pieces Add
¼ cup sugar
1/3 cup water Cook till thick. Spread on cake. On this spread
1 egg white beaten stiff and to which has been added
brown sugar enough so that mixture will hold its shape. Place under the flame in a gas broiling oven. Cook till a light brown. Watch carefully.

MRS. W. E. BIDWILL.

ALMOND ICING.—cost $1.00

1 lb. ground almonds
1 oz. bitter almonds
1 lb. castor sugar
rind 1 lemon and
rind 1 orange grated Add
3 TBS. orange and lemon juice Mix well. Add
1 whole egg and
enough yolks to sufficiently moisten. Knead thoroughly. Let stand a day or so if possible. Roll out and use.

MISS L. WHITNEY.

ALMOND PASTE.—cost $0.70.

1 lb. almond paste
1 cup frosting sugar Mix and add
1 tsp. gelatine soaked 10 min. in
½ cup water and dissolved over hot water. Add
few drops almond and rose extract. Spread on cake and let stand 2 days.

MRS. J. O. MEADOWS.

MOCK ALMOND ICING.—cost $0.10.

inside 1 large baked potato Mix with
1 egg yolk Add.
Icing sugar enough to mix to a paste. Flavour with almond essence.

MRS. W. A. MCGUINNESS.

TO COAT FROSTING WITH CHOCOLATE.—cost $0.09.

Melt chocolate over hot water, being careful that no drop of water reaches the chocolate. Cool slightly, pour and spread over cake just thickly enough that frosting will not show through. Let harden slowly. It takes about 3 oz. chocolate to coat a large cake.

CHOCOLATE FUDGE CAKE FILLING.—cost $0.05

1 cup boiling water
1 TBS. cocoa
1 TBS. butter
1 TBS. cornstarch
½ cup sugar Cook, stirring till thick, in a double boiler Add
vanilla.

MRS. C. W. DEWEY.

WHIPPED CREAM FILLING.—cost $0.30.

1 tsp. gelatine soaked 10 min. in
⅛ cup water Add
¼ cup boiling milk Heat in double boiler till dissolved. Add
½ cup sugar Stir till sugar is dissolved, and stir till cool. Add to
½ pt. xxx cream whipped. Add
1 tsp. vanilla Beat well to thoroughly mix. Spread on cake. (Strong coffee may be used for water and milk.)

STRAWBERRY SHORT CAKE FILLING.—cost $

Short Cake made in 1 large cake tin, or in individual short cakes. Split and butter. When ready to serve, place between and on top (of short cake made with 2 cups flour) the following:

2 cups strawberries mashed
2 cups strawberries cut in small pieces Add
¾ cup sugar (or to taste) Let stand in a warm place for ½ hr. Place whole strawberries on top and serve with
½ pt. xxx cream whipped.

RHUBARB FILLING FOR SHORT CAKE.—cost

Use rhubarb boiled in as little water as possible. Add sugar to taste and flavour with cinnamon. If desired top with whipped cream.

MRS. E. A. GILLSON.

ORANGE SHORT CAKE.—cost $0.80. plus cost cake. Serves 8.

Make a plain 1 egg or 2 yolk cake in 2 layers.

1 cup orange juice and water (at least ½ orange juice) Heat with
1 cup sugar in double boiler. Add
1 TBS. cornstarch moistened in
a little cold water Cook 10 min. stirring. Pour on to
1 egg yolk beaten and
1 orange rind grated. When cold add
1 egg white beaten stiff. Just before serving, spread sauce thickly on bottom layer of cake. On this place half of
4-5 oranges thinly sliced and cut in pieces. Add more sauce, the top layer of cake, more filling and the remaining oranges. Top with half the remaining sauce mixed well with half of
½ pt. xxx cream whipped. To the other half of sauce and cream add
1 egg white beaten stiff
½ cup orange juice and
2 TBS. powdered sugar. Serve this as a sauce with cake.

MRS. M. H. MCCRADY.

SUGGESTIONS FOR MAKING FROSTINGS

If the boiled syrup stands till it stops bubbling before pouring it on beaten whites, the frosting will be softer. To make sure that frosting will stick to cake, score the surface of cake, or sprinkle it with cornstarch.

Candy

TEMPERATURES AND TESTS FOR BOILED SUGAR

USUAL TERM	TEMP	TEST
Soft ball or Hair	238 F.	A drop in cold water will just keep its shape when rolled between the fingers. Water will remain clear. When dropped from spoon a hair 2-3 inches will be formed.
Firm Ball	242 F.	A drop in cold water will form a soft ball when rolled between the fingers.
Hard Ball	248 F.	A drop in cold water will form a hard ball when rolled between the fingers
Small Crack	290 F.	A few drops in cold water form brittle strings
Crack	310 F.	Syrup begins to discolor.
Caramel	350 F.	Syrup becomes caramel or burned sugar.

Thermometer should be kept in syrup from the beginning of cooking or should be dipped in boiling water before testing syrup. Do not have thermometer touching bottom of pan, when reading temperatures.

Covering the syrup for the first few minutes of boiling will tend to keep syrup from becoming grainy. If any grains are still left on sides of pan wash off with a brush damped in hot water.

A quart cup is convenient for boiling syrups for frostings.

Keep thermometer absolutely clean.

*All thermometers should be tested. If thermometer registers 212 F. when water has boiled 10 min. it is correct; if not subtract or add the difference when reading temperatures.

*See page 12 of advertising section for name of firm handling Candy Thermometers.

COOKED FONDANT.—cost $0.17. Makes 2¼ lbs.

4 cups sugar
1 cup water
1 TBS. corn syrup and
¼ tsp. cream of tartar Stir till dissolved. Bring to boil. Put cover on pot and boil 2-3 min. Remove cover and boil to 240 F. (firm ball). Pour on a large platter which has been slightly sprinkled with cold water (or greased). When syrup has cooled so that it will crinkle up when touched at the edge, beat with a broad spatula till the whole becomes creamy and firm. Knead till smooth and form into desired shape. Add nuts, cocoanut, candied fruit, etc., if desired.

MISS M. E. HALL.

UNCOOKED FONDANT.—cost $0.10. Makes

1 egg white
equal amount cold water
1 tsp. flavouring Mix all together and sift into it
pulverized sugar till fondant is stiff enough to mould into desired shapes.

MISS M. E. HALL.

UNCOOKED MINT DROPS.—cost $0.07. Makes ½ lb.

1 tsp. gelatine soaked 10 min. in
2 tsps. cold water Dissolve in
3 TBS. boiling water If gelatine does not dissolve easily place over boiling water a few moments. Slowly sift into this, beating constantly
1 cup confectioner's sugar Beat till the mixture will stand alone. Add
2 drops mint flavouring and, if desired,
pink coloring Drop small spoonfuls on waxed paper or a buttered tin. Let stand till dry.

MRS. S. HUE.

CHOCOLATE FUDGE.—cost $0.35. Makes 2 lbs.

2 TBS. butter melted. Add
2 oz. chocolate melted Add
½ cup corn syrup
3 cups sugar and
1 cup milk Boil till a soft ball is formed in water (238 F.) Remove from fire. Beat till thick. Add
1 tsp. vanilla and
½ cup chopped walnuts. Pour into a buttered pan.

MRS. E. J. GRAHAM.

BUTTERMILK FUDGE.—cost $0.30. Makes 2¼ lbs.

2 lbs. brown sugar
2½ cups buttermilk
2 TBS. butter
½ tsp. salt Boil till a small tsp. of mixture hardens in water. (242F.) Add
1 tsp. vanilla Beat till creamy. Pour over nuts or fruit in a greased pan.

MRS. T. C. HUDSON.

DOUBLE FUDGE.—cost $0.60. Makes 2½ lbs.

2 cups white sugar
½ cup cream
2 squares chocolate
1 TBS. butter. Boil 7 min. Beat. When thick spread in buttered pan. Cool.
2 cups brown sugar
½ cup cream
1 tsp. vanilla
2 TBS. butter Boil 10 min. Add
1 cup walnut meats chopped fine. Beat till creamy. Pour on fudge already in pan. When cool cut in squares.

MRS. J. E. CHURCH.

CHOCOLATE DAINTIES (Uncooked).—cost $0.25. Makes 1 lb.

½ cup dates pitted
½ cup figs
½ cup nut meats Put all through meat chopper. Add
1 TBS. orange juice
1 tsp. grated orange rind
1 square chocolate melted. Mould into balls and roll in chopped nuts (or granulated sugar.)

MISS E. THOMAS.

DIVINITY FUDGE.—cost $0.30. Makes 2 lbs.

2 cups sugar
1/3 cup boiling water
2/3 cup (scant) corn syrup Boil to hard ball (248° F.) Pour slowly, on
2 egg whites beaten stiff, beating constantly. When it begins to thicken. add
1 cup (or less) walnuts chopped or
1 cup candied cherries.

MRS. FRED OSBORNE.

PENOCHE.—cost $0.34. Makes 1½ lb.

2 cups brown (or maple sugar)
¾ cup milk Boil to soft ball stage (238 F.) Remove from fire. Add
3 TBS. butter
1 tsp. vanilla and
1½ cups walnuts chopped. Beat till thick and creamy. Pour into buttered tins.

MRS. G. O. EVERY.

BUTTER SCOTCH.—cost $0.14. Makes 1¼ lbs.

2 cups brown sugar
½ cup water
4 TBS. butter Boil in a frying pan to hard ball stage (248 F.) stirring constantly. Pour into well buttered tins ¼" in depth. When cool mark in squares.

MRS. H. F. SARE.

PRALINES.—cost $0.60. Makes 1½ lb.

4 TBS. butter
1 cup brown (or maple sugar)
½ cup molasses
1 cup cream or milk Boil together to soft ball stage (238 F.) stirring constantly Add
1 tsp. vanilla Pour over
2 cups shelled pecans (or walnuts) Stir till it starts to sugar. Drop in small piles on buttered platter.

MRS. M. H. MCCRADY.

HELENSBURG TOFFEE.—cost $0.48. Makes 3 lbs.

¼ lb. (½ cup) butter Add
1 cup water
2 lbs. (4 cups) sugar Bring to a boil Add
1 (15 oz.) tin Borden's condensed milk. Boil about 20 min. stirring occasionally. Cook to 242 F. Add
1 tsp. vanilla Stir till smooth. Pour in greased tins and cut in squares when cool.

MISS ISOBEL D. G. YOUNG.

WEE WILLIE CANDY.—cost $0.40. Makes 2¼ lbs.

2 cups sugar melted by heating slowly with
1 cup water Add
1 tin sweetened condensed milk Add
2 TBS. golden or corn syrup or ¾ cup maple syrup. Boil and add
¼ lb. (½ cup) butter, pinch salt, spoonful vinegar, Boil, stirring only enough to keep from burning, till it turns brittle when dropped in cold water (290 F.)

MRS. H. R. HARRIS.

MOLASSES CANDY.—(**Velvet Kisses**) cost $0.30. Makes 2¼ lbs.

1 cup molasses
3 cups white sugar
1 cup boiling water
½ cup butter
3 TBS. vinegar Heat together to boiling point. Add
½ tsp. cream of tartar Boil to brittle stage (290 F.) Add
½ tsp. soda Add
1 tsp. vanilla Cool and pull. Cut in small pieces and wrap in oil ppaer.

MRS. H. BRITNELL.

POP CORN BALLS

As soon as Molasses Candy is removed from stove, pour on to freshly popped corn. Shape in balls with the hands, having them oiled or wet.

TURKISH DELIGHT.—cost $0.20. Makes 1¾ lbs.

1 oz. sheet gelatine Add
1 cup cold water Let stand 2 hrs.
2½ cups sugar
½ C. boiling water Stir till dissolved. Add softened gelatine. Boil 20 min. Add
1 lemon juice and grated rind
1 orange juice and grated rind Boil 5 min. Pour in pans rinsed with cold water. Allow it to stand over night. Cut in squares and roll in fruit sugar.

MRS. J. E. CHURCH.

MARSHMALLOWS.—cost $0.20. Makes 1 lb.

2 TBS. gelatine soaked 10 min. in
¾ cup water Boil
2 cups sugar and
¾ cup water till syrup hairs (238 F.) Add soaked gelatine and stir till dissolved. Let stand till somewhat cooled. Add
⅛ tsp. salt
1 tsp. vanilla and beat till white. Add
1 egg white beaten stiff. Beat till mixture begins to thicken. Pour to 1" depth into pans which have been well dusted with powdered sugar. When firm loosen the edges with a knife and turn on a board. Cut in cubes and roll in powdered sugar.

MISS M. E. HALL.

GLACE NUTS.—cost $0.23. Makes 1¼ lbs.

2 cups sugar
1 cup boiling water
1/8 tsp. cream of tartar Put all together in a smooth granite saucepan. Stir. Heat gradually to boiling point. Boil without stirring till syrup begins to discolor (310 F.) Place in a pan of cold water to stop boiling. Remove from cold water and place saucepan in hot water during dipping. Take, one by one, on a long pin
¼ lb. nuts Dip in syrup to cover. Place on oiled paper.

MRS. J. E. CHURCH.

GLACE FRUITS

Dip fruit as **Glacé Nuts,** holding stems with plyers. Successful only in clear cold weather.

CANDIED ORANGE PEEL

orange peel cut in thin strips. Soak in cold water several hrs. Boil in
cold water till tender, changing water several times. When soft make a syrup in the proportions of
½ cup sugar to
¼ cup hot water When sugar is dissolved, add orange peel and simmer till the syrup has almost boiled away. Drain and roll in granulated sugar.

PRESERVED GRAPE FRUIT RIND

grape fruit peel from which some of the green part is grated. Boil in plenty of water. When tender (so that a straw can be run through it) throw off water and squeeze dry between two plates. Weigh rind and take double the weight in

sugar To every 2 lbs. sugar, allow 2 TBS. water. Let boil well and put in rind. Let cook till clear, and the syrup thick. Boil sugar down till it will candy (242 F.) Pour over rind and allow to dry.

MISS WINNIE HOAD.

APPLE LOLLYPOPS.—cost $0.20. Makes 6

½ **cup corn syrup**
½ **cup sugar** Boil slowly, in deep, small saucepan till a few drops in water become brittle. Place pan over boiling water and dip
6 apples (in which have been stuck pointed end of wooden skewers) in and out till well coated. Place on buttered platter till cold.

TO COVER CENTRES WITH CHOCOLATE

Enough "Dot" chocolate to completely cover candies. Put through meat grinder or grate it. Place in double boiler with upper container not touching the boiling water in lower pan. Stir chocolate constantly with the thermometer and do not let it go above 125 F. Remove and beat till temperature is reduced to 85 F. Then dip quickly. Dip centre with a 2 tined fork. Place on wax paper.

If chocolate runs off, it was not cool enough: if spotted, it was not beaten enough; if streaked or grey, temperature of chocolate was too high.

STUFFED DATES

1 cup walnuts chopped very fine
3 TBS. confectioner's sugar
½ **orange rind** grated
orange juice to moisten. Use mixture to stuff
dates Roll in
granulated sugar.

MISS E. THOMAS.

SALTED ALMONDS.—Fry at 400 F.

Blanche almonds. Dry, place a few in a small sieve. Dip sieve in a small saucepan in hot olive oil till almonds are covered. Fry till a light brown. Drain. Place on unglazed paper. Sprinkle with salt.

MRS. FRED OSBORNE

Cereals

TABLE FOR COOKING CEREALS

CEREAL	AMOUNT	WATER	SALT	TIME
Cornmeal	1 cup	6 cups	½–1 tsp.	1–3 hrs. (long cooking improves flavour and makes it more digestible)
Cream of Wheat	¾ cup	4 "	"	20 min.
Hominy (fine)	1 "	4 "	"	"
Macaroni	4 oz.	4 qts.	1 TBS.	25 min. (till tender)
Rolled Oats	1 cup	2½ cups	½–1 tsp.	½–1 hr.
Rice (boiled)	"	4–6 qts.	1 TBS.	20 min. (till soft)
Rice (steamed)	"	3 cups	1 tsp.	¾–1 hr. " "
Oatmeal	"	4 "	1 tsp.	3-4 hrs.

Add cereal to rapidly boiling water so slowly that boiling is not checked. Cook 5 min. over flame. Cover and cook over hot water (excepting macaroni and boiled rice).

BOILED RICE.—cost $0.06.

1 TBS. salt added to
4 qts. boiling water (or more) Add so slowly that boiling will not be checked
1 cup rice washed immediately before cooking, Boil uncovered rapidly without stirring, 20-25 min. or till no kernel is left when rice is rubbed between thumb and finger. Drain in colander. Pour on rice 4-5 cups cold water. Drain. Place colander in a pan in a moderate oven to reheat.

Note: 1 cup raw rice makes about 4 cups after boiling.

APPLE MUSH.—costs $ .15. Serves

Cook 30 min.

1 cup wheatena added slowly to
4 cups boiling water and allowed to boil 30 min. Add
1 tsp. salt and
2 cups apples (grated). Pour into brick pan and let stand 24 hrs. Cut into ½ in. slices. Brush a very hot griddle with
bacon drippings. Fry slices brown on both sides. Serve with
brown sugar or maple syrup.

MRS. S. H. STONE.

CORNMEAL CHEESE SQUARES.—cost $0.18. Makes

Brown at 425 F.

1 pt. milk Boil. Add
½ tsp. salt and very slowly
½ cup cornmeal Cook in double boiler ½ hr. Add
1 TBS. butter
¼ cup grated cheese and
1 egg slightly beaten. Beat well. Place in a wet dish to ¾ in. depth. When cold cut in squares, brush with
melted butter and sprinkle with
grated cheese Brown in hot oven.

MISS M. HALL.

Note: Left-over cornmeal cereal may be used in this way.

GRUELS

GRUEL	INGREDIENTS	LIQUID	DIRECTIONS
Arrowroot	1 tsp. arrowroot 2 tsp. cold water pinch salt sugar as desired	1 cup hot milk	Make paste of dry ingredients and cold water. Add slowly to milk, stirring. Boil a few minutes, stirring.
Barley	1 TBS. Patent Barley (Flour) pinch salt 2 TBS. cold water sugar as desired	1 cup boiling water or milk	Make paste of dry ingredients and cold water. Add slowly to milk, stirring. Boil a few minutes, stirring. Simmer 10 minutes.
Cornmeal	2 TBS. cornmeal 1 TBS. flour 1 tsp. salt 1 tsp. sugar	1 qt. boiling water	Make paste of dry ingredients and cold water. Add slowly to milk, stirring. Boil a few minutes, stirring. Cook 3 hours in double boiler.
Oatmeal	2 TBS. rolled oats 1 tsp. salt 1 tsp. sugar	1 cup boiling water 1 cup boiling milk	Mix dry ingredients. Add to boiling water, stirring. Cook in saucepan 30 min, or in double boiler 2 hours. Strain. Add hot milk. Bring to boil and serve. Add nutmeg, ginger, butter or cream, if desired.
Rice	2 TBS. rice 1 tsp. salt	2 cups hot milk	Add rice and salt to hot milk. Cook 1½ hours in double boiler. Strain. Add cream if desired.

SUGGESTIONS.

If cereal is to be warmed up again, cover surface with cold water.

Left-over cereal may be packed in a mould, cooled, sliced and fried.

Mix left-over cereal with cheese, finely chopped meat or fish, slightly beaten egg and seasonings; mould into cakes and fry.

Add raisins, sugar and vanilla to left-over cereals and serve as a dessert.

Arrange left-over cereal in layers with jam or sweetened fruit and bake until brown on top. Serve with a fruit sauce or cream.

Use left-over cereal as a substitute for part of the flour in muffins, pan-cakes, etc. (See recipes.)

Use left-over cereal as a substitute for bread crumbs in meat loaves or for part of the white sauce in croquettes.

Left-over cereals can be made quite smooth again if they are beaten with a Dover egg beater when they are warmed up.

To avoid the possibility of lumps in cornmeal, mix with an equal amount of cold water before adding to boiling water.

Cereals should be bought in small quantities and kept in covered preserve jars.

Deep Fat Frying

*** TEMPERATURES AND TIME FOR DEEP FAT FRYING.**

FOOD	TEMP.	BREAD BROWNS IN	TIME
Croquettes, fish balls and all previously cooked foods	390 F.	40 sec.	Till brown
Doughnuts, fritters and all raw dough dough mixtures	365-370	60 "	3-5 min.
French-fried potatoes (¼ in. x ¼ in.)	390-400	40 "	4-5 min.
Veal Cutlets			
Small pieces of fish and meat	390 F.	40 "	3 min.
Large " " " " "	375 F.	50 "	4-8 min.
Oysters	390 F.	40 "	1 "

Frying is least healthful method of cooking, but food fried in deep fat, if cooked and drained properly, absorbs less grease, and so is more digestible than that fried in a pan in a small amount of fat. Any fat which can be heated to a high tenperature before it begins to smoke, is good for deep fat frying (lard, vegetable oils, olive oil). Drippings, suet, bacon and chicken fat are not so satisfactory since they smoke at a much lower temperature. There is less odour if vegetable oils are used for frying.

A narrow, deep iron kettle is best for deep fat frying (A Scotch Bowl is excellent). It should be large enough to hold sufficient fat so that the food is completely covered, and deep enough so that the danger of the fat boiling over is minimized. A wire basket and thermometer, while not necessary, greatly simplify the process. Food should not touch in the basket. When fat is at the proper temperature as indicated in the table above, lower basket gently. If you have no thermometer drop small bits of fresh white bread in the fat. Time by second hand of clock, or give seconds their proper time by counting "one hundred and one, one hundred and two, etc." Hold basket handle with a long fork for a few seconds so that it can be removed quickly if fat should be in danger of boiling over. When food is dried, let any excess fat drain by holding basket a few moments above kettle. Place food on a piece of unglazed brown paper in a warm place to absorb grease. Turn once. Change paper, as it becomes greasy. Do not pile pieces of fried food on top of each other.

Unless fat has been burned, it can be used again and again. About 1-oz. fat (cost $0.02) is used in frying 2-lbs. potatoes (for 6-8 persons) in deep fat. A greater amount is used in sautéing, or pan frying.

After frying strain fat through 2-3 thicknesses of cheese cloth. If fat has absorbed odors, cut into it a raw potato in quarter inch slices. Heat slowly. When fat ceases to bubble and potatoes are brown, strain through a double cheese cloth placed in a wire strainer.

To prepare for frying:—Fish, oysters, croquettes, etc.—Roll in fine bread crumbs, then in whole egg slightly beaten, adding 2 TBS. cold water to each egg. Roll again in crumbs. See that every spot is covered with the coating of egg and crumbs.

French-fried or Saratoga Potatoes: cut and soak in cold water an hour or more. Drain and dry between towels before frying.

* For name of firm handling Deep Fat Thermometers, see page 12 of advertising section.

REASONS WHY FOODS SOAK FAT

The fat was not hot enough

The fat was chilled by having food too cold.

The fat was chilled by frying too much at a time (in medium sized kettle fry only about 4 doughnuts, or their equivalent at a time).

Mixture contained too much shortening.

Mixture contained too much baking powder or soda.

Mixture contained too little egg (doughnuts, etc.)

The fat was too moist (this also tends to make fat boil over).

SUGGESTIONS FOR DEEP FAT FRYING

Doughnuts or fritters should be turned frequently. Croquettes or any food which is completely immersed in fat need not be turned.

If doughnuts crack, they probably need more milk.

A tsp. of salt or vinegar in lard is said to keep doughnuts from soaking fat and the fat from spattering.

To sugar doughnuts, place powdered sugar in a bag and in it shake 4-5 doughnuts at a time.

Bread crumbs make a softer crust for croquettes than soda biscuits crumbs.

If food is added to fat in small quantities, the fat will not be so apt to be so cooled that food will soak grease.

If fat has been burned, it has been made more indigestible.

If fat should catch on fire do not try to lift kettle from the fire. Turn off the gas, cover flame with a heavy cloth wrung out of cold water, or, if a cloth is not available, place lid over kettle. Never pour water on burning fat or oil.

Paper towelling is good for absorbing grease from food fried in deep fat.

Desserts

CORN STARCH DESSERTS (Serve 7-8 Persons)

BLANC MANGE	CORN-STARCH	SUGAR	LIQUID	OTHER INGREDIFNTS	DIRECTIONS
Plain Cost $0.13	6 TBS.	¼ c.	½ c. cold milk 2½ c. hot milk	¼ tsp. salt 1 tsp. vanilla	Mix cornstarch, sugar and salt. Mix smooth with cold milk added gradually. Add hot milk. Cook 20 min. in double boiler, stirring constantly at first. Add vanilla. Pour in wet moulds.
Egg Cost $0.18	5-6 TBS.	¼ c.	½ c. cold milk 2½ c. hot milk	¼ tsp. salt 1 tsp. vanilla 1 egg, slightly beaten, or 1 yolk, slightly beaten, and 1 white, beaten stiff	Make as plain Blanc Mange, but when cooked pour on egg or yolk. Cook 2 min. more in double boiler. If only yolk is used fold in beaten white or cover with meringue. Reduce cornstarch as egg in dessert increases.
Caramel (Plain or Egg) Cost $0.13 (Plain)	5-6 TBS.	2 TBS.	½ c. cold milk 2½ c. hot milk	¼ tsp. salt ½ tsp. vanilla 4 TBS. Caramel Syrup (see Frostings). If desired add egg as for Egg Blanc Mange	Add caramel syrup to hot milk and proceed as above.
Chocolate (Plain or Egg) Cost $0.19 (Plain)	5-6 TBS.	2/3 c.	½ c. cold milk 2½ c. hot milk	2 squares chocolate, or 6 TBS. cocoa ½ tsp. vanilla If desired add egg as for Egg Blanc Mange	Melt chocolate over hot water or dissolve cocoa in a little hot water. Add a little of the hot milk and cook till smooth. Add to sugar, salt and cornstarch, mixed with ½ c. cold milk. Mix well. Add hot milk and proceed as above.
Fruit (Plain or Egg)	5-6 TBS.	To taste	½ c. cold juice or water 2½ c. hot juice (or part milk or water)	¼ tsp. salt If desired add Egg as for Egg Blanc Mange	Make as plain or Egg Blanc Manges. Using water or juice for milk.
Lemon (May be used for the filling of pies) Cost $0.21	5-6 TBS.	1-1¼ c.	½ c. lemon juice ½ c. cold water 2 c. hot water	¼ tsp. salt 2 egg yolks, beaten 2 egg whites, beaten grated rind, 1 lemon	Mix sugar, salt and cornstarch with cold water. Add boiling water, stirring constantly. Pour on to yolks. Cook in double boiler 5 min. Add lemon juice and rind. Use whites for meringue.

Corn Starch and Custard (Etc.) Desserts

PEARL TAPIOCA OR SAGO CREAM.—cost $0.20. Serves 7-9

Cook 35-45 minutes.

½ **cup sago or tapioca** soaked 1 hour in
cold water Drain and add to
1 **pt milk** (scalded) Cook in double boiler until transparent (35-45 min.) Add
1/6 **cup of sugar** Add another
1/6 **cup sugar** to
2 **egg yolks** and
¼ **tsp. salt** Pour hot mixture slowly on egg mixture. Return to double boiler and cook till it thickens. Now add
2 **egg whites** (stiffly beaten) and
1 **tsp. vanilla** Chill and serve

MRS. J. E. CHURCH.

MINUTE TAPIOCA PUDDING.—cost $0.22. Serves

4 **TBS. Minute Tapioca**
½ **cup sugar**
2½ **cups milk**
1 **pinch salt** all heated together in double bolier. Add
2 **egg yolks** beaten. Cook in double boiler, stirring till thick. Pour in pudding dish and cover with a meringue made of
2 **egg whites** and
4 **TBS. powdered sugar** Bake in a slow oven 15 min.

MRS. FRED. OSBORNE.

CREME BOULEE.—cost $0.15. plus cream.

1 **pt milk** a little of it mixed with
2 **TBS. cornstarch** add the remainder and cook till thick in a double boiler, stirring. To this add
1 **cup molasses** cooked in a frying pan till smoking with
½ **cup brown sugar** Stir well. Pour in serving dish. When cold top with **whipped cream.**

MRS. L. B. RAMSAY.

JUNKET.—cost $0.09. Serves 5.

½ **Junket tablet** soaked and crushed in
1 **tsp. water** Add quickly to
2 **cups milk** and
2 **TBS. sugar** heated to 98 F. Add
½ **tsp. vanilla** Pour into serving dish and stand in warm place until junket has set. Chill and serve. Do not jar dish while junket is setting. Sprinkle with nutmeg if desired.

MRS. J. E. CHURCH.

Note: When using well pasteurized milk, it is advisable to use one tablet to one pt. milk.

CARAMEL JUNKET.—cost $0.10.

Make as **Junket,** adding 2 TBS. caramel syrup (see Frostings) and 1 additional TBS. sugar to warm milk.

CARAMEL PUDDING.—cost $0.15. plus whipped cream Serves

2 cups brown sugar boiled with
2 cups boiling water To this add
2 TBS. cornstarch mixed in a little
water cook 10 to 15 minutes. Before removing from fire add
¼ cup chopped nuts
1 tsp. vanilla and a pinch of
salt Turn into mould. Serve with
Whipped cream.

MRS. W. S. CAMPBELL.

TABLE OF PROPORTIONS OF EGGS FOR BAKED CUSTARDS

1 Egg to 1 cup milk gives a loose Custard
1 Egg to ¾ cup milk gives a dish Custard
1 Egg to 2/3 cup milk gives a small mould Custard (which may be unmoulded)
1 Egg to ½ cup milk gives a large mould Custard (which may be unmoulded)
3 yolks = 2 eggs for thickening custards.
Baked Custards should be surrounded by hot water.
Baked Custards should cook at a low temperature—325 F.

BOILED CUSTARD.—cost $0.10. Serves

1 cup milk scalded in double-boiler and a little of it stirred on
1 egg or
2 egg yolks previously slightly beaten with
1 TBS. sugar Stir all into remainder of milk in double-boiler and stir constantly until a coating forms on the spoon. Strain at once into a cold bowl and add
½ tsp. vanilla.

MRS. J. E. CHURCH.

Note: If custard should curdle, place dish in a pan of cold water and beat with a Dover egg beater till smooth.

BAKED CUSTARD.—cost $0.15. Serves 6.
Bake from 30-40 minutes at 325 F.

2 cups milk scalded and poured slowly on
2 whole eggs or
3 egg yolks slightly beaten and sweetened and salted with
1/8 cup sugar and
1/8 tsp. salt Strain and pour into small buttered moulds and bake slowly in a pan of hot water.

MRS. J. E. CHURCH.

CARAMEL CUSTARD.—cost $0.23. Serves.
Bake 45 min. at 325 F.

3 cups milk scalded. Add
4 TBS. caramel syrup (see Frostings) or enough to make brown. Add
½ cup sugar Pour on
2 whites beaten and
4 yolks beaten. Pour in baking dish. Set in pan of water and bake in a slow oven till firm. When cool, top with meringue made of
2 whites and
sugar Serve cold. Or use 3 whole eggs for custard and serve with whipped cream.

MRS. JEREMY TAYLOR.

CARAMEL CHOCOLATE PUDDING.—cost $0.26. Serves 8

Bake 1 hr. at 325 F.

Caramel:

5 TBS. sugar caramelized (see Frostings) Add
5 TBS. water let boil and pour it in baking dish.

Custard:

1 oz. chocolate melted and cooked smooth with
¼ cup water Add
2 cups milk let come to boiling point. Cool. Add
3 eggs slightly beaten
1½ cup sugar
1/8 tsp. salt
½ tsp vanilla strain into caramel in baking dish. Do not stir. Bake in slow oven. Serve cold.

MRS. A. W. MURRAY.

BREAD CUSTARD.—cost $0.20. Serves 8

Bake ¾ hr. at 325 F.

Make a custard with
2 cups of milk
2 eggs
½ cup sugar
¼ tsp. salt Pour over
2/3 cup cubed stale bread previously arranged in a buttered baking dish. Let stand 10 minutes before putting in oven. Bake in pan of hot water.

MRS. J. E. CHURCH.

Note: Cooked rice may be substituted for bread.

RICE PUDDING.—cost $0.26. Serves 7.

Cook 2 hours

3/8 cup rice washed and cooked in
2 cups milk to which
1 1/3 TBS. sugar and
1/3 tsp. salt have been added. Chill and add
¾ tsp. vanilla and fold in
½ cup xxx cream whipped

MRS. J. E. CHURCH.

INDIAN PUDDING.—cost $0.36. Serves

Bake 1½ hrs. at 275 F.

2 TBS. cornmeal and
1 TBS. flour rubbed smooth with a little **milk** Add
1 cup molasses stir into
2 cups boiling milk When smooth remove from fire and add
2 cups cold milk
3 eggs beaten
1 tsp. ginger
1 tsp. cinnamon and
¼ tsp. salt Bake slowly till firm.

MRS. A. W. MURRAY.

LEMON PUDDING.—cost $0.25. Serves

Bake ½ hour at 350 F.

3 soda biscuits (rolled fine)
1½ cup milk
½ cup sugar
1 dessertspoon butter
2 egg yolks Bake

Top:

1 lemon (juice and rind)
1 cup sugar
½ cup water
1 dessertspoon cornstarch Cook together and put on top of first ingredients when baked. Top with

Meringue:

2 egg whites and
4 TBS. sugar.

Bake 15 min. in slow oven

MRS. P. ANDERSON.

COCOANUT PUDDING.—cost $0.50. plus sauce. Serves

Bake at 350 F.

1 qt. milk
2 cups cocoanut
6 TBS. soda biscuit crumbs Cook in double boiler till thick. Cool and add
4 egg yolks beaten and
3 TBS. sugar Bake in buttered dish till firm. When cool, add meringue of
4 egg whites beaten dry and
4 TBS. sugar Bake meringue in a slow oven. Serve with a sauce made of
maple syrup (or sugar) boiled till thick with
1 TBS. butter

MRS. H. R. SMITH.

Fruit Desserts

PINEAPPLE PUDDING.—cost $0.70. Serves

Bake 25 min. at 350 F.

2 oz. (4 TBS.) butter melted. Add
2 oz. (½ cup) flour Stir well. Add
3 gills (1½ cups) milk Let boil a few moments, stirring constantly. Cool and add the syrup from
1 can pineapple and
3 egg yolks slightly beaten. Add the pineapple cut in small pieces. Pour into a buttered pie dish. Bake in a moderate oven till firm. Cool and cover with a meringue made of
3 egg whites beaten stiff and mixed with
2 oz. (4 TBS.) castor sugar. Brown slightly in a slow oven. Serve hot or cold.

MRS. A. L. WICKES.

PRUNE OR DATE WHIP.—cost $0.28.

Bake 20 min. at 275 F.

4 egg whites beaten dry. Add gradually
½ cup sugar (preferably powdered) beating constantly. Add
1 cup prunes or dates cooked soft, stoned and finely chopped. Beat till light. Add
1 tsp. lemon juice Bake about 20 min. in a slow oven. Serve cold with whipped cream.

MRS. H. F. SARE.

LEMON SPONGE.—cost $0.20. Serves 4

Bake 30-40 min. at 350 F.

1 TBS. butter Add
2 TBS. flour
1 lemon juice and grated rind
¾ cup sugar
1 cup milk and
2 egg yolks beaten well. Fold in
2 egg whites Put pudding dish in a pan of hot water and bake in a moderate oven.

MRS. J. S. JOHNSTON.

SCALLOPED PINEAPPLES AND BANANAS.—cost $0.40.

Bake at 350 F.

3-4 bananas sliced in a buttered baking dish. Add alternate layers of
pineapples sliced and
bananas sliced. Sprinkle each layer with
brown sugar and dot with
butter Top with
shredded cocoanut Bake in a moderate oven till pineapple is tender.

MRS. WALTER STUART.

APPLE DESSERT.—cost $0.20. plus cream. Serves

Bake 3 hrs. at 325 F.

1 qt. thinly sliced apples arranged in bowl with alternate layers of **sugar.** Add
½ cup water. Cover with plate that is held in place with a weight and bake slowly three hours. Let it stand until cold and it will turn out a round mass of clear red slices embedded in jelly. Serve with whipped cream.

MRS. R. P. RAYNSFORD.

PHANTOM APPLE PUDDING.—cost $0.21. Serves 5.

Bake ¾ hr. at 350 F.

2 eggs well beaten. Add
¾ cup sugar mixed with
2 TBS. flour
1 tsp. baking powder and
1/8 tsp. salt. Pour over
4 large apples sliced in a buttered pudding dish. Bake in a moderate oven.

MRS. H. E. SARE.

APPLE SHORT.—cost $0.30. Serves 6-7.

Bake ¾ hr. at 350 F.

2 TBS. white sugar sprinkled on enough
sliced apples to almost fill a casserole. Add
3 TBS. cold water Then mix
1 cup brown sugar (good measure)
½ cup flour and
½ cup butter. Cover apples with this shortening mixture and pat down hard. Bake in moderate oven. To be properly cooked, the juice of the apples should ooze up through shortening, making a "toffee-like" substance. Serve with whipped cream if desired.

MRS. H. R. HARRIS

APPLE TOAST.—cost $0.13. Serves

Bake 5 min. at 400 F.

4 medium sized apples washed, pared and put through food chopper. Add
2 tsp. butter and put in small saucepan over hot fire for 2 minutes. Then put apples on
4 slices bread from which the crust has been removed. Dust with
½ tsp. salt and
½ tsp. cinnamon and add
4 TBS. brown sugar Put in a shallow pan in the bottom of a hot oven for 5 min. Serve hot.

MRS. S. H. STONE

SCALLOPED APPLES.—cost $0.25. Serves

Bake ¾ hr. at 350 F.

1 qt. apples sliced or chopped. Arrange in alternate layers with
2½ cups bread crumbs in a buttered pudding dish. Have bread crumbs on the bottom. Sprinkle apples with
2/3 cup sugar mixed with
1-2 tsp. cinnamon and dot crumbs with
2 TBS. butter Add
¼ cup hot water Have a layer of buttered crumbs on top. Cover for ½ hr., uncover and brown. Serve with hard sauce. The addition of the grated rind of a lemon to the sugar is good.

PINK APPLES.—cost $0.15. Serves 6.

6 red apples cooked, half surrounded by boiling water till soft, turning often. Remove skins and the red colour will remain. To the water add
1/3 cup sugar and
½ lemon rind cut in thin slices. Boil till the syrup is reduced to 1 cup. Pour over apples

OR

6 apples pared. Boil carefully in a syrup made of
1 cup sugar
1 oz. cinnamon drops (red) and
2 cups water boiled till candies are dissolved. Cook till apples are soft and serve with syrup reduced to 1 cup. Serve as a dessert or as an accompaniment to pork.

APPLE SNOW.—cost $0.42. Serves

8 or 10 large apples roasted first and then peeled and cored. Add to the pulp that is left
1 cup white sugar and
3 egg whites Beat till mixture becomes white. Then make custard with
3 egg yolks
1 pt. milk
2 tsp. cornstarch and
flavouring (to taste). Serve with the Snow.

MRS. J. C. C. ALMON.

FRUIT WHIPS (UNCOOKED).—cost $0.10, plus fruit and custard.

3 egg whites beaten stiff. Add gradually
6 TBS. powdered sugar Beat till smooth and velvety. Add gradually
1 cup fruit pulp (consistency of marmalade). To sweet fruits add
a little lemon juice Beat well. Add
more sugar if necessary. Chill and serve with custard made of yolks if desired.

MRS. H. TEES.

Cake Desserts

ORANGE WHIP (UNCOOKED).—cost $0.15.

2 egg whites beaten till frothy. Add
¼ **cup powdered sugar** and
few grains salt Beat till stiff. Fold in
½ **cup orange juice** and
1 tsp. grated orange rind Serve on
Sponge cake or with lady-fingers.

MISS M. E. HALL.

PINEAPPLE QUICK DESSERT (UNCOOKED).—cost $0.90. Serves

1 large can pineapple (crushed) mashed with
12 lady fingers Cover with
1 cup xxx cream whipped. Sprinkle with
burnt almonds chopped.

MRS. H. R. SMITH.

CHOCOLATE ICE-BOX PUDDING.—cost $0.44, plus cream and fingers. Serves

2 cakes (4 oz.) sweet chocolate melted over hot water. Add
1 TBS. sugar and
2 TBS. water Add, one at a time
4 egg yolks Beat well after each yolk is added. Cook over hot water till thick. Cool. Fold in
4 egg whites stiffly beaten and
1 tsp. vanilla Line a mould with
lady-fingers Add filling, more lady-fingers, etc., having lady-fingers on top. Let stand in ice-box about 24 hrs. Serve with
whipped cream.

MISS M. E. HALL.

LEMON WHIP.—cost $0.25, without lady-fingers. Serves 6-7.

4 egg yolks beaten light. Add
2 TBS. sugar and
1 lemon, juice and rind Cook till thick in double boiler. Cool. Add
4 egg whites beaten stiff with
2 TBS. powdered sugar Serve in sherbet glasses with or without lady-fingers.

MRS. R. E. MATTHEWS.

TRIFLE.—cost $0.90. Serves 10-12.

12 ratafias (almond macaroons)
3 slices sponge cake
6 macaroons Place all in a trifle dish. Pour over them
½ wine glass grape juice Over this sprinkle
½ lemon rind grated and
1 oz. (¼ cup) blanched cut almonds Spread with
strawberry or raspberry jam On this pour, when cool, the following made into a

Custard:

1 cup milk
1 TBS. sugar
2 eggs When ready to serve top with the following

Whip:

1 egg white beaten stiff. Add
4 TBS. powdered sugar and
3-4 TBS. grape juice Beat well. Add
½ pt. xxx cream whipped.

MRS. J. M. FRY.

ORANGE ICE-BOX PUDDING.—cost $0.50, plus lady-fingers and cream. Serves

½ lb. butter creamed. Add
1 cup sugar Beat smooth. Add
4 eggs Add slowly
1 orange, juice and small portion of grated rind. Beat to a smooth paste. Line a cake pan with waxed paper. Place in bottom
lady-fingers Cover with paste, more fingers, etc., till pan is full, having lady-fingers on top. Leave in ice-box 24 hrs. Serve with
whipped cream.

MRS. R. W. SCOTT.

MOCHA ICE-BOX PUDDING.—cost $0.55, plus fingers. Serves 6

½ lb. unsalted butter creamed. Add
1 cup powdered sugar Add, one at a time,
4 egg yolks Beat well after each yolk is added. Add
1 TBS. mocha extract Add
¼ lb. almonds blanched, sliced and browned in oven. Line mould with
lady-fingers Add a layer of filling, another of fingers, then filling. Sprinkle browned almonds on top. Let stand at least 24 hrs. Cut in squares for serving.

MRS. M. H. MCCRADY.

Note: 2 tsps. Prepared Coffee dissolved in 1 TBS. hot water may be used for Mocha extract.

PEACH UPSIDE-DOWN PUDDING.

Cost $0.22, plus cost peaches and cream. Serves 7-8. Bake ¾ hr. at 350 F.

Syrup:
1 cup brown sugar
1 cup water Boil together to a very soft ball (236 F).
Cake:
2 egg yolks Beat well. Add slowly
1 cup sugar Beat well. Add
1/3 cup water and
1 cup flour with which has been sifted
2 tsps. baking powder Fold in
2 egg whites beaten stiff. In a well buttered frying pan, turn
1 can sliced peaches Over this pour syrup and then cake batter. Bake in a moderate oven about ¾ hr. Turn out on serving dish.

Serve cold or hot with whipped cream.

MRS. J. E. ARMSTRONG.

MARASCHINO CHERRY UPSIDE DOWN PUDDING.

Cost $0.56, plus cost of cream or sauce. Serves 6-7. Bake ¾ hr. at 330 F.

In a well greased buttered cake tin spread about
2 cups brown sugar. On this place
1 small 20c. bottle maraschino cherries cut in halves. On this pour any
2 egg sponge cake batter. Bake in a moderate oven. Turn out on serving dish and serve with
whipped cream or a sauce made with cherry liquor.

MRS. J. F. GALLAGHER.

PRUNE UPSIDE-DOWN PUDDING.—cost $0.37, plus cost of cream.

3 TBS. butter melted in frying-pan. Sprinkle evenly in pan
½ cup brown sugar Cover with
½ cup chopped walnuts and
¾ lb. prunes which have been soaked over night, brought to boiling point and stoned. Cover with

Cake batter:
1 egg beaten Add
½ cup sugar Beat well. Add
¼ cup milk alternately with
1 cup flour with which has been sifted
1 tsp. baking powder Beat well. Add
1 TBS. melted butter and
1 tsp. vanilla Bake ½ hr. in moderate oven. Serve with whipped cream.

MRS. J. E. CHURCH.

PINEAPPLE UPSIDE-DOWN PUDDING.

Make as **Prune Upside-down Pudding,** using slices of canned pineapple in place of prunes, omitting chopped nuts. Fit maraschino cherries in centre of pineapple and fill in spaces with halves of walnuts.

CRANBERRY COTTAGE PUDDING.—cost $0.29.

Bake ½ hr. at 375 F.

2 TBS. butter creamed. Add gradually
1 cup sugar Beat well. Add
2 egg yolks well beaten. Beat well. Add alternately
½ cup milk and
1½ cups flour with which have been sifted
2 tsps. baking powder and
½ tsp. salt Add carefully
2 cups uncooked cranberries Bake in a hot oven. Serve with a sauce made with the whites of the eggs. (See **Sauces**).

MRS. M. H. MCCRADY.

RICHELIEU LILLIES—cost $0.16, plus cream

Bake at 340 F.

2 yolks beaten well. Add
1 cup sugar Beat well. Add
4 tsps. water Fold in
2 egg whites beaten stiff. Fold in
1 cup flour sifted with
2 tsps. baking powder. Bake in pie tin. While hot roll into the shape of a lily. Wrap in cheese cloth. When cold fill with
xxx cream whipped and sweetened with
2 TBS. powdered sugar.

MADAM HENRI PANET.

CHOCOLATE ROLL.—cost $0.30, plus cream.

Temp. 325 F.

5 egg whites beaten stiff. Fold in
¾ cup sugar and
6 TBS. flour sifted with
4 TBS. cocoa Add
5 egg yolks well beaten. Spread thinly in a long, shallow, buttered pan. Bake in a moderate oven. Cool in pan. Trim edges if crusty. Cover with
whipped cream Roll like a jelly roll. Sprinkle with
powdered sugar and serve with a thin hot
chocolate sauce (See **Sauces**).

MRS. M. H. MCCRADY.

KISS TORTE (Meringue)—cost $0.25, plus cream and fruit. Serves 7-8.

Bake 1 hr. at 250 F.

6 egg whites beaten dry. Add gradually while beating
2 cups granulated sugar Beat 15-30 min. Add
1 tsp. vanilla and
1 tsp. vinegar Pour into a buttered spring-form tin. Bake in a slow oven 50-60 min. When cool, cut out a piece of top crust and fill with
fruit (strawberries, crushed pineapple, etc.) Replace top. (Fill and remove sides of form when ready to serve, and serve on bottom of tin.) Cover with
whipped cream.

MRS. S. E. WYGANT.

MOCHA TART.—cost $0.75. Serves 7-8.

Bake ½ hr. at 375 F.

4 egg yolks beaten well. Add
1 cup sugar Beat to a cream. Add
1 TBS. Mocha extract. Fold in
4 egg whites beaten stiff, and
¾ cup cake flour sifted with
1 tsp. baking powder Bake in 2 layers

Filling:

¾ pt. xxx cream whipped. Add
1½ TBS. Mocha extract and
sugar to taste.

Ice with:

1 cup confectioner's sugar flavoured with
1 TBS. Mocha extract Add
2 TBS. cold water When spreading, dip knife frequently in cold water.

MRS. GERALD SMITH.

Steamed Desserts

STEAMED SUET PUDDING (no Eggs) (sour Milk)

Cost $0.33. Serves . Steam 4 hrs.

1 cup finely chopped suet
1 cup molasses
1 cup sour milk
1½ tsp. soda
1 tsp. cinnamon
½ tsp. salt
1¼ cups raisins
¾ cup currants
2¾ cups flour Steam.

MRS. WARD.

LEMON SUET PUDDING

Cost $0.18. Serves 5-6. Steam 2½ hrs.

3 oz. (¾ cup) bread crumbs
3 oz. (¾ cup) flour
3 oz. (¾ cup) suet chopped
3 oz (1/3 cup) sugar
½ tsp. baking powder
¼ tsp. salt Mix all together. Add
1 lemon (strained juice and grated rind) Add
1 egg beaten and about
2 TBS. milk Pour into a greased mould and steam.

MRS. GEORGE HODGE.

FIG SUET PUDDING.—cost $0.25. Serves
Steam 2 hrs.

¼ **lb. (1 cup) suet**
½ **lb. figs chopped fine**
2 **cups bread crumbs**
¾ **cup sugar**
½ **cup milk**
½ **cup flour**
1 **egg**
2 **tsps. baking powder.** Steam in buttered mould.

MRS. P. ANDERSON.

AMHERST SUET PUDDING.—cost $0.60. Serves
Steam 3 hrs.

3 **cups flour**
1 **cup suet**
1 **cup milk**
1 **cup molasses**
1 **cup raisins**
1 **egg**
2 **tsps. baking powder**
1 **tsp. cloves**
1 **tsp. cinnnamon**
1 **tsp. salt**
½ **cup chopped nuts**

Steam and serve with a hard sauce.

MRS. L. M. BARRINGTON.

CARROT SUET PUDDING.—cost $0.48. Serves
Steam 2 hours.

2 **cups carrots** put through mincer with
1 **cup suet** Add
1 **cup brown sugar**
1 **cup raisins**
1 **cup currants**
1½ **cups flour** and
1 **tsp. soda** dissolved in
½ **cup milk.** Steam.

MRS. H. TEES.

ENGLISH PLUM PUDDING (Boiled)—cost $1.70. Makes 9 lbs.
Boil 5 hrs.

1 **lb. suet** chopped
2 **lbs. (8 cups) breadcrumbs**
1 **nutmeg** grated
1 **tsp. allspice**
1 **tsp. cinnamon**
1 **tsp. salt**
½ **tsp. soda**
1 **lb. brown sugar**
1 **lb. raisins**
1 **lb. currants**
¼ **lb. mixed peel**
2 **oz. chopped almonds** All these ingredients mixed together. Add
1 **cup strong coffee** (much better than milk) and
8 **eggs** Dip a square piece of strong cotton in boiling water. Put it in a round pan. Sift flour scantly over wet cloth. Pour pudding in and tie loosely. Sprinkle flour within folds where bag is tied. Re-tie, place pudding in a pot filled with boiling water and rest on a plate. Keep water boiling.

MRS. W. A. MCGUINNESS.

PLUM PUDDING (Steamed).—cost $1.60. Makes 8 lbs.

Steam 5 hrs.

6 oz. (1½ cups) breadcrumbs
1 lb. (4 cups) flour
1 lb. (4 cups) suet
1 lb. (2 2/3 cups) brown sugar
1 lb. (4 cups) raisins
1 lb. (4 cups) currants
2 oz. lemon peel
2 oz. citron
½ lb. chopped apples
¼ lb. almonds
1 tsp. salt
1 tsp. allspice
2 lemons, grated
8 eggs
2 wine glasses grape juice

Mix and let stand over night. Steam.

MRS. C. E. DEWEY.

CHRISTMAS PUDDING (Steamed)—cost $1.28. Makes 6 lbs.

Steam 8 hrs.

½ lb. (2 cups) bread crumbs
½ lb. (2 cups) beef suet finely chopped
½ lb. currants
½ lb. sultanas
½ lb. raisins chopped (not minced)
2 oz. mixed peel chopped (not minced)
3 oz. almonds blanched and cut
½ lb. (after peeling and coring) **apples** chopped
½ lb. brown sugar
¼ lb. flour Mix all thoroughly. Add
1 orange, juice and grated rind
1 lemon, juice and grated rind Mix well. Add
6-7 eggs beaten. Add
½ pt. grape juice and
milk to make mixture moist enough to drop heavily from spoon. Let stand 1 hr. if possible. Fill basins level with top. Cover with scalded cloth. Steam.

MRS. H. COLBOURNE.

MOLASSES PUDDING.—cost $0.25. Serves

Steam 2 hrs.

1 tsp. soda dissolved in
¾ cup molasses Add
3 TBS. melted butter
1 egg beaten
1½ cups flour
1 cup chopped raisins Steam.

MRS. H. NUNNS.

LEMON PUDDING (Using Cake)—cost $0.35. Serves

Steam 2 hrs.

1 cup boiling milk poured over
small bowl cake crumbs (sponge or plain) Add
2 egg yolks well beaten
1 cup (heaping) sugar
2 lemons(juice only) and
small lump butter. Last of all add
2 egg whites well beaten. Steam, and serve with sauce.

MRS. J. C. C. ALMOND.

CHOCOLATE PUDDING—cost $0.35, plus sauce

Steam 1½ hrs. Serves

¼ **lb. chocolate** grated and mixed with
¼ **pt. (½ cup) milk.** Boil together till chocolate is melted
3 **TBS. butter** creamed with
¼ **lb. (¾ cup) fruit sugar** and then stir in
2 **egg yolks** and
6 **oz. (1½ cups) fresh white bread crumbs.** Add to melted chocolate with a few drops of **vanilla** fold in
2 **egg whites** stiffly beaten. Steam. Serve with **chocolate sauce.** (See **Sauces**).

MRS. A. L. WICKES.

CHOCOLATE PUDDING.—cost $0.15. Serves

Steam 3 hrs.

1 **egg** well beaten. Add
½ **cup sugar**
½ **cup milk**
1 **cup flour** sifted with
1 **tsp. baking powder** Add
1 **TBS. butter** melted and
1 **square unsweetened chocolate** melted.

Steam 3 hrs. Serve with Egg Sauce. (See Table of **Pudding Sauces**).

MRS. GERALD SMITH.

MARMALADE PUDDING.—cost $0.07, plus marmalade. Serves 4

Steam 1 hr.

1 **TBS. butter** and
1 **TBS. sugar** creamed together. Add
1 **egg** well beaten and
1 **tsp. soda** dissolved in
2 **TBS. hot water** Sift in
2 **heaping TBS. flour** Add
1 **TBS. marmalade** In a buttered mould spread some marmalade. Pour in batter. Cover mould with greased paper. Steam about 1 hr. Serve with any sweet sauce.

MRS. R. W. SCOTT.

COBBLER PUDDING.—cost $0.14, plus fruit. Serves

Steam 1½ hrs.

Stewed or raw fruit enough to half fill a pudding dish, and on top, put a batter made of the following:—

½ **cup sugar**
1 **TBS. butter**
1 **egg**
¾ **cup milk**
1½ **cups flour**
1½ **tsps. baking powder**

MRS. T. C. HUDSON.

STEAMED SNOWBALLS.—cost $0.10. Serves 6-8.

Steam 20 min.

¼ **lb. butter (or substitute)** Cream well. Add
½ **cup sugar** Beat well. Add alternately
¼ **cup milk** and
1 **cup pastry flour** with which have been sifted
¼ **tsp. salt** and
1½ **tsp. baking powder** Add
2 **egg whites** beaten. Put in 6-8 well greased cups and steam. Serve with a pudding sauce.

MRS. E. A. GILLSON.

BLACK CAP STEAMED CUSTARD PUDDING.—cost $0.43.

Serves 6-7. Steam 1½ hrs.

½ **lb. currants** sprinkled over a buttered dish. Add
a few large raisins On fruit and around dish, press, buttered side out,
thin slices of bread, spread with
butter and sprinkled with
sugar. Hold bread in place as well as possible and pour in a custard made of :
4 **eggs** slightly beaten
1 **pt. hot milk**
¼ **cup sugar** and
1 **tsp. vanilla.** Cover with a cloth or waxed paper and plate. Steam till firm.

MRS. C. LYNCH.

LA CREME CARAMEL.—cost $0.39. Serves

Steam ¾ hr.

¾ **cup sugar** cooked without stirring till it begins to brown. Cook till a dark brown. Pour into a bowl which has been heated. Pour into this the following mixture:
1 **qt. milk** scalded and poured on
4 **eggs** beaten slightly
1 **TBS. sugar** and
pinch of salt. Cover tightly. Steam exactly ¾ hr. Serve next day thoroughly chilled.

MRS. H. NUNNS.

STEAMED APPLE DUMPLINGS.—cost $0.15. Serves 4.

Steam 1 hr.

1 **cup flour** sifted with
2 **tsps. B.P.** and
1 **tsp. salt.** Rub in lightly
2 **tsps. lard.** Add just enough
milk to hold mixture together. Place on a floured board and roll out ½ inch thick; cut into four pieces. On each lay one of
4 **apples** Sprinkle with
sugar and put
butter in each centre. Wet the edges of the dough with cold water, fold around the apples, pressing them together lightly. Put into the top of a double boiler, cover, and steam.

MRS. S. H. STONE.

STEAMED JAM SPONGE PUDDING.—cost $0.15, plus jam. Serves 5-6.

Steam 1½-2 hours.

1 TBS. butter blended with
1 cup flour Add
1/3 cup sugar and
1 tsp. baking powder. Mix all with
2 eggs and a little
Milk. Line mould with jam. Pour mixture in and steam.

MRS. G. HODGE.

PRESERVE STEAMED PUDDING.—cost $0.15. Serves

Steam 1½ hrs.

1 egg beaten. Add
1 cup sugar Beat well. Add
4 TBS. preserves and
1 tsp. baking powder mixed with
2 cups flour

MRS. T. C. HUDSON.

YORKSHIRE PUDDING.—cost $0.22.

Bake 20 min. at 375 F.

3 eggs well beaten. Add
1 pt. milk Beat well. Add very gradually to
4 TBS. flour mixed with a
pinch salt Beat well with a wooden spoon. Pour into a very well greased flat tin. Bake in a hot oven.
Serve with roast beef.

STEAMED PUDDING: Pour **Yorkshire Pudding** batter in greased basin and steam 1½ hrs. Serve with butter and sugar or jam as a dessert.

BAKED APPLE PUDDING: Pour **Yorkshire Pudding** batter over sliced apple and bake ¾ hr.

FRITTERS: Dip pieces of apples in **Yorkshire Pudding** batter and fry in deep fat. (See **Deep Fat Frying**).

PANCAKES: Fry **Yorkshire Pudding** batter on griddle and serve with lemon and sugar.

Note: If this mixture is made several hours before using, it is much lighter. Beat well before placing in tins or basins, etc.

MRS. A. L. WICKES.

Gelatine Desserts

DIRECTIONS FOR USING GELATINE.

For a delicate consistency, use only enough gelatine so that mould will hold its shape. The larger the mould, the more gelatine should be used. Moulds containing much fruit or vegetables require a slightly increased amount of gelatine; to have ingredients distributed evenly through mould allow a layer of fruit and gelatine to harden before adding another layer, keeping remaining gelatine mixture liquid meanwhile, by placing container in warm water. Pineapple added to gelatine mixtures must be cooked. In hot weather, increase gelatine slightly. Soak gelatine in cold water to cover about 10 min. before dissolving. Have liquids for dissolving softened gelatine at boiling point but do not boil after adding gelatine. If less than ¼ cup boiling liquid is added to 1 TBS. softened gelatine, let mixture stand over boiling water and stir till gelatine is dissolved. Liquids having a higher boiling point than water (such as caramel) should be cooled slightly before adding to softened gelatine. Rinse mould with cold water or rub with olive oil, before filling. If gelatine mixture is left too long before combining with whipped cream, eggs, etc., and becomes lumpy, place mixture over hot water, melt and allow to cool again. Under ordinary conditions, it takes 2-3 hrs. for gelatine mixtures to harden. To hasten the thickening, place mould in a pan of cold (preferably ice) water in refrigerator. If mould is packed in ice and snow and salt, mixtures will stiffen in 1 hr. Increasing gelatine will also hasten moulding. To unmould gelatine, place mould in warm (not hot) water for a few seconds. Loosen jelly at sides; place serving dish on top of mould and in centre. Invert mould, holding dish and mould firmly together.

IN THIS CHAPTER THE FOLLOWING DISTINCTIONS ARE MADE:

CHARLOTTE RUSSE signifies a gelatine dessert using whipped cream and lady fingers.

CREAM signifies a gelatine dessert using custard and whites of eggs.

SPONGE signifies a gelatine dessert using whites of eggs.

"Gelatine" signifies Granulated Gelatine unless otherwise specified.

For plain gelatine jellies, use 1 TBS. Granulated Gelatine to 1½-1¾ cups liquid.

CHARLOTTE RUSSES (Using Whipped Cream)—Serve 8-9.

CHARLOTTE RUSSE	GELATINE	LIQUID	SUGAR	WHIPPING CREAM (whipped)	OTHER INGREDIENTS	DIRECTIONS
Custard *Cost $0.55	1 TBS. soaked 10 min. in ¼ c. cold water	1 c. scalded milk	1/3 c.	1 c.	yolks 2 eggs (slightly beaten) ¼ tsp. salt 1 tsp. vanilla white 2 eggs (beaten stiff) Lady Fingers	Make custard of yolks, salt, sugar, and milk (see "Custards"). Add softened gelatine. Strain Stir often till mixture begins to thicken. Add vanilla, beaten whites and whipped cream. Mould in dish lined with lady-fingers (or sponge cake)
Plain Cost $0.65	1 TBS. soaked 10 min. in ¼ c. cold water	1 c. scalded milk	1/3 c.	2 c.	1 tsp. vanilla Lady Fingers	Dissolve softened gelatine in hot milk. Add sugar. Stir often till mixture begins to thicken. Add vanilla and fold in whipped cream. Mould with lady fingers.
Chocolate Cost $0.72	1 TBS. soaked 10 min. in ¼ c. cold water	1 c. scalded milk	½ c.	2 c.	2 oz. chocolate melted 1 tsp. vanilla Lady Fingers	Add hot milk gradually to melted chocolate, stirring and cooking slowly till smooth. Add to softened gelatine. Add sugar. Stir often till mixture begins to thicken. Add vanilla and fold in whipped cream.
Coffee Cost $0.65	1 TBS. soaked 10 min. in ¼ c. cold water	½ c. boiling milk ½ c strong boiling coffee	½ c.	2 c	1 tsp. vanilla Lady Fingers	Add hot coffee and milk to softened gelatine. Add sugar and proceed as in Plain Charlotte Russe.
Caramel (Burnt Sugar) Cost $0.65	1 TBS. soaked 10 min. in ¼ c. cold water	½ c. boiling water	¾ c. caramelized (see Frostings)	2 c.	1 tsp. vanilla Lady Fingers (¼ chopped almonds if desired)	Add boiling water gradually to caramelized sugar. Cool slightly and add softened gelatine. Proceed as in Plain Charlotte Russe.
Tutti-Frutti Cost $1.10	1 TBS. soaked 10 min. in ¼ c. cold water	¼ c. boiling water	½ c.	2 c.	½ doz. dry macaroons 1 doz. marshmallows cut in pieces 6 candied cherries, chopped ½-(1) c. blanched & chopped almonds 1 tsp. vanilla Lady Fingers	Dissolve softened gelatine in boiling water. Add sugar and proceed as in Plain Charlotte Russe. Add additional ingredients after whipped cream.
Fruit (Banana, Preserved Ginger, Pineapple, Prune, Strawberry, Grape Juice etc.)	1 TBS. soaked 10 min. in. ¼ c. cold water		½ c. (or more)	1½ c.	1 c. fruit juice and fruit (mashed or cut). For weak flavored fruits 1 TBS. lemon juice Lady Fingers	Dissolve softened gelatine in double boiler. Strain into fruit and juice. Add sugar and proceed as in Plain Charlotte Russe.

***Cost includes 15c. Lady Fingers**

SPONGES (Using Whites of Eggs)—Serve 7-8.

SPONGES	GELATINE	LIQUID	SUGAR	WHITES OF EGGS (beaten stiff)	OTHER INGREDIENTS	DIRECTIONS
Chocolate Cost $0.20	1 TBS. softened in ¼ c. cold water 10 min.	1 c. boiling milk	2/3 c.	2	1 oz. chocolate melted ½ tsp. vanilla ¼ tsp. salt	Make a smooth paste with chocolate and milk added gradually. Add sugar and salt. Add softened gelatine. Stir often till mixture begins to thicken. Beat till frothy. Add vanilla and fold in beaten whites. If desired to have no clear jelly at bottom, beat till mixture will hold its shape.
Coffee Cost $0.15	1 TBS. softened in ¼ c. cold water 10 min.	1 1/3 c. strong boiling coffee	½ c.	2		Dissolve softened gelatine in hot coffee. Add sugar and proceed as above.
Fruit (Apple-Sauce Apricot Banana, Cherry, Fig, Prune, Pineapple, Strawberry Jam, Marmalade, etc)	1 TBS. softened in ¼ c. cold water 10 min.	½ c. boiling water or fruit-juice (part lemon juice for weak flavored fruits)	¼-1 c.	2	1 c. fruit-juice and pulp mashed or finely cut	Dissolve softened gelatine in hot fruit juice and proceed as above.
Grape-Juice Cost $0.20	1 TBS. softened in ¼ c. cold water 10 min.	½ c. boiling grape-juice or water	½ c.	2	½ c. grape-juice 1 TBS. lemon-juice	Dissolve softened gelatine in hot grape-juice or water. Add sugar and grape and lemon juice. Proceed as above.
Maple Cost $0.20	1 TBS. softened in ¼ c. cold water 10 min.	1 c. boiling water	1 c. maple	2		Boil sugar and hot water 10 minutes. Pour syrup gradually on softened gelatine. Proceed as above.
Lemon "Snow Pudding" Cost $0.20	1 TBS. softened in ¼ c. cold water 10 min.	1 c. boiling water	¾ c.	2	¼ c. lemon juice (and grated rind 1 lemon if desired)	Dissolve softened gelatine in hot water. Add sugar and lemon juice. Stir often. When mixture begins to thicken beat till frothy. Add whites. Beat till mixture holds its shape.
Tutti Frutti Cost $0.50	1 TBS. softened in ¼ c. cold water 10 min.	½ c. boiling water (or part maraschino cherry juice)	½ c.	2	6 marshmallows, cut 6 maraschino cherries, cut ½ c. almonds or pecans chopped 1 small cake sweet chocolate broken in bits 1 tsp. vanilla	Dissolve softened gelatine in hot water. Add sugar. Stir often till mixture begins to thicken. Add whites. Beat 15 min. Add vanilla and other ingredients.

CREAMS (Using Whole Eggs)—Serve 8-9.

CREAM	GELATINE	LIQUID	SUGAR	EGGS	OTHER INGREDIENTS	DIRECTIONS
Plain or "Spanish" Cost $0.32	1 TBS. soaked 10 min. in ¼ c. cold water	2¾ c. scalded milk	½ c.	3 yolks (slightly beaten) 3 whites (beaten stiff)	¼ tsp. salt 1 tsp. vanilla	Make Custard of yolks, sugar, salt and milk (See Desserts) and dissolve in it softened gelatine. Stir often till mixture begins to thicken. Add vanilla and whites. Mould.
Chocolate Cost $0.35	1 TBS. soaked 10 min. in ¼ c. cold water	2 c. scalded milk	2/3 c.	3 yolks (slightly beaten) 3 whites (beaten stiff)	1 oz. chocolate, melted, or 3 TBS. cocoa, dissolved ¼ tsp. salt 1 tsp. vanilla	Make as Spanish Cream, adding to custard, chocolate cooked to a smooth paste with half the milk.
Cocoanut Cost $0.37	1 TBS. soaked 10 min. in ¼ c. cold water	2 c. scalded milk	½ c.	3 yolks (slightly beaten) 3 whites (beaten stiff)	¼ tsp. salt 1 c. shredded cocoanut ½ tsp. vanilla	Make as Spanish Cream adding cocoanut just before whites of eggs
Coffee Cost $0.27	1 TBS. soaked 10 min. in ¼ c. cold water	1½ c. strong, hot coffee ½ c. milk	2/3 c.	3 yolks (slightly beaten) 3 whites (beaten stiff)	¼ tsp. salt ½ tsp. vanilla	Make as Spanish Cream, using coffee in place of part of the milk
Fruit (Banana, Preserved Ginger, Orange, Peach, Pineapple, etc.)	1 TBS. soaked 10 min. in ¼ c. cold water	1½ c. scalded milk	To taste	3 yolks (slightly beaten) 3 whites (beaten stiff)	¼ tsp. salt 1 c. sliced or chopped fruit	Make as Spanish Cream, adding fruit to custard.
Macaroon Cost $0.40	1 TBS. soaked 10 min. in ¼ c. cold water	2 c. scalded milk	1/3 c.	3 yolks (slightly beaten) 3 whites (beaten stiff)	¼ tsp. salt ¾ c. rolled macaroons (12 small, double) 1 tsp. vanilla	Make as Spanish Cream, adding Macaroons after gelatine

PRUNE JELLY.—cost $0.45, plus cream. Serves 8-9

½ **lb. best prunes** soaked in cold water and steamed till soft in
½ **cup boiling water** Stone and place in a wet mould. On prunes pour the following gelatine mixture:
1½ **TBS. gelatine** soaked 10 min. in
cold water to cover Add
½ **cup boiling water** and stir over hot water till dissolved. Add
1 **cup sugar**
juice 2 oranges
1 **TBS. lemon juice** When firm serve with
whipped cream.

MRS. S. PAVIER.

HONEYCOMB PUDDING.—cost $0.22. Serves

¼ **oz. leaf gelatine** steeped in
2 **cups milk** for ¼ of an hour; then add
3 **oz. sugar (6 TBS.)** and
2 **egg yolks** beaten. Put all into a pan and stir till at boiling point only; take pan off fire and stir in the
2 **egg whites** previously beaten. Add a little
vanilla Pour into wet mould and let stand over night.

MRS. J. B. YOUNG.

PRUNE JELLY.—cost $0.25, plus cream. Serves

3 **doz. prunes** soaked in
cold water over night. In morning, put on fire in
1 **qt. boiling water.** Cook till soft. Stone the prunes, making use of the kernels as a flavouring. Put prunes back into water with the blanched kernels, adding
1 **cup sugar** Let boil ½ hour more. Dissolve
½ **box gelatine** in
water Add to hot prunes. Put in mould and serve with
whipped cream

MRS. J. M. ALMOND.

PLUM PUDDING JELLY.—cost $0.33. Serves

2 **TBS. gelatine** soaked ½ hr. in
½ **cup cold water** Heat
1 **pt. milk**
1 **cup sugar** and
1½ **oz. chocolate** When chocolate is melted add softened gelatine. When mixture begins to thicken, add
1 **cup raisins**
½ **cup currants**
¼ **cup citron (finely cut).** Pour into a mould. Serve with
whipped cream.

MRS. GERALD SMITH.

CHOCOLATE PUDDING.—cost $0.85. Serves

6 **egg whites** beaten stiff. add
6 **TBS. sugar** Add
¼ **lb. unsweetened chocolate** melted in double boiler, add
1 **TBS. gelatine** soaked 10 min. in
a little cream and dissolved over hot water. Add
1 **tsp. vanilla** and
1 **cup xxx cream** whipped. Mould. Serve with
xxx cream whipped and flavoured with
a few drops of peppermint.

MRS. J. S. JOHNSTON.

COCOA CHARLOTTE RUSSE.—cost $0.36. Serves 6.

1 **cup sugar** well mixed with
3 **TBS. Fry's cocoa** and
¼ **tsp. salt** Add
1 **TBS. gelatine** which has been soaked 20 min. in
½ **cup cold water** Heat mixture in double boiler till well dissolved. Cool. Just before it congeals, add
½ **pt. xxx cream** whipped.

MRS. G. D. C. DOBBIN.

MAPLE CHARLOTTE RUSSE.—cost $0.75. Serves

2 tsps. gelatine dissolved in
½ cup cold water Add
2 egg yolks Let stand on back of stove to dissolve gelatine. Add
1 cup maple sugar boiled 1 min. and slightly cooled. Add
1 pt. xxx cream whipped and combined with
2 egg whites beaten stiff. Pour into mould wet in cold water.

MRS. S. HUE.

PINEAPPLE CHARLOTTE RUSSE.—cost $1.10. Serves

1 cup water boiled with
1 cup sugar Pour over
2 TBS. gelatine softened 10 min. in
¼ cup water Add
1 large tin shredded pineapple Fold in, when beginning to set.
1 pt. xxx cream whipped

MISS L. E. IDLER.

STRAWBERRY CHARLOTTE RUSSE.—cost $0.62, plus strawberries. Serves

2 TBS. gelatine soaked 10 min. in
water to cover
½ cup sugar
½ cup water Add
1 pt. strawberries Bring to boiling point. Do not mash. Add soaked gelatine. Cool. When beginning to thicken, add
1 pt. xxx cream whipped.—Serve with mashed strawberries and cream.

MRS. J. F. GALLAGHER.

SUGGESTIONS FOR DESSERTS

Eggs should never be added to hot liquids; the hot liquid should be poured slowly into eggs, beating constantly.

To lessen danger of scorching, before heating milk, rinse saucepan with water.

If cream is whipped in a pitcher it will not spatter.

Grease all dishes in which desserts are baked.

Flavouring tastes stronger when the mixture is hot.

Mocha extract makes an attractive flavouring for whipped cream used on cake; it is cheaper though not as good made of prepared coffee.

Peppermint essence is an unusual flavouring for whipped cream used on chocolate desserts.

Maple syrup is a delicious substitute for sugar in custards.

The yolks of eggs make a smoother and a more economical custard than whole eggs.

A little lemon juice put in the food chopper before grinding sticky fruits, will keep them from adhering to the chopper.

Sour cream, carefully whipped, makes a good pudding sauce.

A smoother custard results if the eggs are beaten only slightly.

SUGGESTIONS FOR DESSERTS (GELATINE).

Cream whips better if not too fresh. Add 2-3 drops lemon juice to fresh cream and it will whip more easily.

Do not whip cream too vigorously; if it is near the souring point it might turn to butter.

If to be used at once, the white of an egg added to whipping cream is an economical means of increasing its bulk.

Frozen Desserts

Ice cream mixtures should be cooled before freezing. The can should not be more than ¾ full and the ice should be packed a little higher than the mixture which is to be frozen. Start to turn freezer as soon as packed, turning slowly at first and more rapidly as the cream begins to stiffen. The smaller the ice and the more salt used, the quicker the freezing takes place, but too much salt makes the mixture coarse grained. 3-4 parts ice to 1 of salt is usually stated to be the correct amount, but some authorities recommend as high as 8 parts ice to 1 of salt, claiming a more economical and smoother ice cream results. When cream is frozen drain off water from freezer. Remove dasher. Place a piece of waxed paper over top of can. Replace cover with dasher-hole plugged. If ice cream is to be used in 1-2 hrs. pack in 4 parts ice to 1 of salt; if to stand several hours use 6 parts ice to 1 of salt.

Mousses are frozen without turning. They may be frozen without salt if placed out doors over night when the temperature is below 20 F. In very cold weather (if too stiff) stand in a warm room before using. A better mousse, however, is said to result from packing in equal parts salt and ice for 3-4 hrs.

Parfaits are mousses which contain eggs and hot syrups. Ices are frozen like ice creams but are made of fruit juices, sugar and water. Frappes are ices frozen less hard. Sherbets are ices to which egg whites or gelatine are added.

CUSTARD ICE CREAM.—cost $0.55.

Makes 1¼ qt.

1 cup hot milk poured on
1 egg slightly beaten. Add
2/3 cup sugar
1/8 tsp. salt Cook in double boiler till mixture coats a spoon. Strain, Cool. Add
1 pt. cream and
2 tsps. vanilla Freeze.

MRS. D. R. KENNEDY.

Note: 2 tsps. softened gelatine may be added to hot custard; ½ the cream (xxx) whipped may be added when ice cream is partly frozen.

PHILADELPHIA ICE CREAM—cost $0.88

Makes 1½ qts.

1 cup sugar dissolved in
1 qt. cream Add
2 tsps. vanilla Freeze

MRS. H. F. SARE.

COFFEE CARAMEL PARFAIT.—cost $0.95.

1 cup milk scalded with
2 TBS. ground coffee Add
½ cup sugar which has been caramelized (See **Frostings**). Pour onto
3 egg yolks mixed with
½ cup sugar and
1/8 tsp. salt cook till mixture thickens, stirring constantly. Add
1 cup cream Cool. Add
2 cups cream and
1 tsp. vanilla Freeze, using 3 parts finely chopped ice to 1 part salt. Pack in 1 lb. baking powder cans, filling to overflowing. Adjust covers. Pack in salt and ice (equal parts). Let stand 2 hrs. Remove from mould to cold platter. Roll in
almonds blanched, cut in thin slices and delicately browned in a moderate oven.

MRS. D. R. KENNEDY.

CHOCOLATE MOUSSE.—cost $0.78.

2 squares chocolate added to
1½ cups cold milk (taking out a little for soaking gelatine). Scald till chocolate is dissolved. Pour over
2 eggs slightly beaten
1 cup sugar and
2 tsps. gelatine soaked 10 min. in a little cold milk. Cook in double boiler till thickened like custard. Cool. When thoroughly cold, fold in
1 pt. xxx cream whipped. Fill mould. Cover with snow till frozen.

MRS. H. NUNNS.

MAPLE MOUSSE.—cost $0.75. Serves 8.

1 pt. whipping cream whip very stiff and add
1 cup maple syrup and
½ cup chopped nuts. Put in covered mould. In freezing weather (below 20 F.), place in the snow over night. In warmer weather, pack in ice and salt for 4 hours.

MRS. R. E. MATTHEWS.

FROZEN PUDDING.—cost $1.05. Serves

½ lb. seeded raisins cut in quarters
½ lb. dates stoned and cut in quarters
1 bunch grapes seeded and cut in quarters
½ cup chopped walnuts
¼ lb. macaroons broken in pieces. Mix all together. Add
1 pt. xxx cream whipped
2 dessertspoons sugar
¾ tsp. vanilla. Put in a dish. Cover and set outside to freeze. In summer pudding may be "frozen" in refrigerator.

MRS. CHARLES PULLEN.

ORANGE ICE MOUSSE.—cost $0.70. Serves

1 pt. xxx cream whipped. Add
pulverized sugar to taste Turn into a mould. On top pour
2 oranges (juice) and
1 lemon (juice) which have been sweetened to taste. Pack in salt and ice. Let stand 3 hrs. A layer of orange ice will be formed at the bottom and the whole will be flavoured with the fruit.

MRS. J. O. MEADOWS.

FIVE THREES SHERBET.—cost $0.42. Serves

1 cup sugar
3 cups water boil together 5 min. When cool, add
3 lemons (juice)
3 oranges (juice) Add
1½ cups water which has stood 15 min. on
the orange and lemon rinds When ready to freeze add
3 bananas put through the ricer, and
3 egg whites beaten stiff. Freeze like ice cream.

MRS. G. DOBBIN.

BANANA SHERBET.—cost $0.32. Serves 8-10.

2 cups sugar
4 cups water boiled together 10 min. Add
2 TBS. gelatine soaked in
cold water to cover and dissolved in
½ cup boiling water When cold add
juice 2 lemons strained and
4 bananas mashed well with a fork. Freeze.

MRS. S. PAVIER.

FRUIT ICES

1½-2 cups sugar (depending on acidity of fruit) and
1 qt. water boiled together 5 min. Add
3 TBS. lemon juice and
2 cups fruit juice (or any of the following). Freeze as ice-cream. If to be kept several hrs. add to hot mixture
2 TBS. gelatine soaked 10 min. in
½ cup water

Variations of above: In place of fruit juices add:

5 cups cranberries boiled 10 min. with 1½ cups water and mash through sieve, or
6 oranges, juice (and grated rind to taste) or
6 peaches or 10 apricots, juice and mashed pulp, or
6 cups mashed strawberries.

SHERBETS.

Just before Ices are completely frozen add 2-3 whites eggs beaten stiff.

CHOCOLATE SAUCE FOR ICE CREAM.—cost $0.07.

1 oz. chocolate melted in double boiler. Add gradually
1 cup boiling water Stir till smooth. Add
1 cup confectioner's sugar Cook till thick.

MRS. S. E. WEIGANT.

MARSHMALLOW CHOCOLATE SAUCE FOR ICE CREAM.—cost $0.28

½ lb. marshmallows Cut in pieces and place in double boiler. Add
½ cup cocoa dissolved in
½ cup boiling water. Add
¼ cup powdered sugar Cook, stirring, till marshmallows are melted. Thin with
cream if necessary. Beat well.

MRS. G. DOBBIN.

Pastry

OVEN TEMPERATURES FOR BAKING PIES

	USUAL TERM	TEMP.	REDUCED AFTER	TO	TOTAL TIME
Filled with uncooked fruit	Hot	425 F.	10-15 min.	350F.	40-50 min.
Filled with cooked fruit	"	450 F.	" " "	"	35-40 min.
Filled with custard, etc.	"	425 F.	" " "	325F.	40-45 min.
Shells	Very Hot	475 F.	" " "	400F.	12-15 min.
Meringue	Slow	300 F.			12-18 min.

(See Page 12 of Advertising Section for name of firm handling Oven Thermometers.)

All ingredients and utensils for making pastry should be as cold as is conveniently possible. Pastry or Winter Wheat flour makes a more tender crust than bread flour. Use 1/3-1/2 by measure as much shortening as flour. Half lard and half butter makes a very satisfactory crust, but more or less of either may be used; lard makes a whiter more tender crust, but alone gives an unpleasant taste; butter gives a better flavour and browner crust, but too much produces a hard crust. Pastry somewhat inferior in color, taste and flakiness may be made with beef or pork drippings.

FLAKY PIE CRUST FOR ONE DOUBLE CRUST PIE—cost $0.11.

In a large chopping bowl or flat bottomed pan, sift together:

1¼ cups Diana cake flour
¾ tsp. salt
¼-½ tsp. baking powder Add
3-4 TBS. (1½-2 oz.) lard Chill over night in ice box if possible.

With a double bladed meat-chopper or 2 knives criss-cross fashion, chop lard not too fine, till the lumps look like rolled oats. If convenient chill again. Add a few drops at a time, about 1/3 **cup cold water** (or less). Add the water little by little to small portions of the flour-shortening, mixing, with a silver knife as little as possible; as particles adhere, push lumps of dough aside and do not touch again till ready to gather all together. Use as little water as possible. Continue mixing small portions of flour-shortening and water together till no crumbs remain, then gather all the lumps of dough together lightly in a large ball. If properly mixed the mixture will not be so dry that it will be crumbly, nor so wet that it will stick to the bowl or have a glazed appearance. Place dough on board dusted with flour and roll straight away, with light strokes, each motion of the rolling pin ending just short of the edge of the dough, in the air and not on the board. If paste sticks lift and redust board with flour using as little flour as possible. Roll to 1/3 inch. Spread or dot with **3-4 TBS. butter,** spreading or dotting it on 2/3 the pastry. Lightly dust this butter with flour. Fold to make 3 layers, folding over the portion on which the butter has not been spread on half that which has, and the other buttered third on this. Turn dough at right angles, having folded edges on side. Press lightly in 2 or 3 ridges. Roll straight away to ¼ inch. If pastry shrinks as it is rolled out, too much water or not enough shortening has been used. Spreading again with butter and dusting with flour, folding and rolling as above may improve the result but the pastry will not be of the best. The butter given in this recipe may be divided into 2 or 3 parts and each part used as above for 2 or 3 spreadings and rollings. This makes a good substitute for puff paste, particularly if paste is placed in ice box to chill between each rolling. Some prefer using more butter in upper crust than in lower. After final rolling place paste in ice box for a few hours or longer. If paste is to remain long before

using, wrap in waxed paper or cheese cloth, making certain that no moisture reaches it. When ready to use roll ½ the paste to ¼ inch or less. Cover tin loosely, bringing paste well over the edge of tin. Trim edges, roll other ½ paste to ¼ inch. Add filling. Moisten lower edge with water. Lay upper crust loosely over filling. Press edges together. Moisten edge, add rim ¼-½ inch wide. Flute edge. Perforate upper crust in several places. Place pie on lowest shelf in a very hot oven (450 F.) When crust has just started to brown (10-15 min.) reduce heat to 350 F. If a pale crust is desired cover with heavy brown paper; if a browner crust is preferred, place pie on top shelf after lower crust has had time to cook. Double crust pies usually take 40-50 min. to bake.

PLAIN PASTRY

For Plain Pastry use same proportions as for Flaky Pastry but chop both lard and butter with flour, chopping finer and using tips of fingers for final mixing.

BOILING WATER PASTRY.—cost $0.20.

Makes 1 2-crust pie, 1 shell, 8 tarts.

1 cup lard
½ cup boiling water
1 tsp. salt Beat all together till foamy. Cool. Add
1 tsp. baking powder mixed with
flour (about 3 cups) enough to roll.

MRS. MONTY PERRY.

VEGETABLE OIL PASTRY.—cost $0.08.

1/3 cup vegetable oil beaten till creamy with
¼ cup cold water add gradually to the following, sifted together:
1¼ cups flour
¾ tsp. salt
½ tsp. baking powder Mix quickly as directed under **Flaky Pie Crust.**

CHEESE STRAWS

Bake 10 min. at 500 F.

Roll pastry to ¼". Sprinkle finely grated cheese, seasoned with red pepper and salt, over half the pastry. Fold over. Press edges firmly together. Roll again to ¼" Sprinkle again with seasoned cheese. Repeat twice. Cut in strips ¼" wide and of the desired uniform length. Bake 8-10 min. in a very hot oven.

SHELLS.

When the filling of a pie would be injured by the high temperature, or long cooking necessary for the crust, a shell is baked which is then filled and usually re-cooked with regard to the low temperature or short cooking most desirable for the filling. Place shells in a very hot oven(475-500 F.) for 10 min. or till rim is "set," then reduce heat to 350 F. till a light brown. Several methods are used

TO PREVENT THE RIMS OF PIE SHELLS FROM SHRINKING:

1. Line a tin with pastry and build up a high fluted rim. In this shell place another tin which will fit snugly in it. Put a weight in upper tin if necessary to keep bottom from puffing, or, if tin is pushed up, prick crust underneath with fork. Remove upper tin when shell is "set."

MRS. J. O. MEADOWS.

2. Cut pastry larger than tin. Place over inverted tin. Fold over extra paste to make a high fluted edge. With a fork prick sides and bottom, taking care that the holes are not so large that the future filling will ooze through.

MRS. J. E. CHURCH.

3. Line tin with pastry, making a high fluted edge. Fill unbaked shell with enough pieces of dry bread to hold the sides in place and bottom from puffing up. When pastry is "set" remove bread and finish baking. (The bread may be used for rusk).

MRS. J. COWAN.

4. Line tin as above. Cover unbaked shell with waxed paper and partly fill with rice, dried beans, etc. When pastry is "set" remove paper and "filling" (keeping latter for future use) and finish baking.

MRS. S. H. STONE.

5. Line tin with pastry. Build up a high, fluted edge, pressing crust against the sides of tin. Prick bottom with a fork.

MRS. J. M. ALMOND.

ESSENTIALS FOR GOOD PIE CRUST
(In order of importance)

1. To use as little water as possible in mixing.
2. To mix and handle as little as possible. (If paste is rolled out several times air must be enclosed with each rolling.)
3. To use sufficient shortening.
4. To have the oven very hot for the first part of the baking.
5. To have materials and utensils cold.

SUGGESTIONS FOR PREVENTING A SOGGY UNDERCRUST

1. Use a perforated pie tin.
2. Have tin cold.
3. Have upper crust rolled out before adding filling.
4. Brush under crust with melted butter or the beaten white of an egg before adding filling.
5. Sprinkle under crust with bread crumbs.
6. Have filling cold before putting it in pastry.
7. Put pie in oven as soon as made.
8. Place pie on lowest shelf of oven.
9. Have oven very hot for the first part of the baking.

SUGGESTIONS FOR PREVENTING THE JUICES OF PIES FROM ESCAPING

1. Add 2-4 TBS. flour or corn starch to sugar.
2. Add an egg, beaten, to filling.
3. Sprinkle 1-2 TBS. cornstarch over filling.
4. Bind edge of pie by placing a piece of cloth 2-3 inches wide wet in cold water, having strip long enough so that ends lap over. (These strips may be used over and over again.)
5. In 2 or 3 of the perforations in crust, place upright pieces of macaroni or a small funnel of stiff paper. The juices will bubble up in these and return to pie when cool.

SUGGESTIONS FOR MAKING A MORE ATTRACTIVE UPPER CRUST

For a browner crust, brush over with milk, before baking.

For a glazed crust, brush over with white of egg slightly beaten or with yolk beaten with 1 tsp. water before baking.

For a glazed crust, brush after baking with thin hot syrup; return to the oven for a minute or two.

For a flaky crust, dot with butter before baking.

For a flaky crust, before making air holes, let cold water run over crust.

FILLINGS FOR PIES (One Crust)

For Meringues add 1-4 TBS. sugar to each well-beaten egg-white.

Bake 12-18 min. at 300 F. Cool slowly.

PIE	FRUIT	SUGAR	THICKENING	LIQUID	EGGS	OTHER INGREDIENTS	DIRECTIONS
In Uncooked Pastry							In Uncooked Pastry— Bake 10-15 min. at 425 F. Bake 30-40 min. at 325 F.
Cream Cost $0.20		6 TBS. granulated 6 TBS. powdered		2 c. cream	1 yolk (slightly beaten) 3 whites (beaten stiff)	Few grains salt ½ tsp. vanilla	Mix cream, yolk, G. sugar, salt andvanilla. Bake till firm, cool. Cover with meringue of whites and P. sugar.
Cocoanut (Mrs. D. R. Kennedy) Cost $0.30		4 TBS. granulated 2 TBS. powdered	1 TBS. soda-biscuit crumbs	2 c. milk	2 yolks (slightly beaten) 2 whites (beaten stiff)	1 c. cocoanut	Letcocoanutsoak in milk 10 min. Add G. sugar, yolks and biscuit crumbs. Cover with meringue of whites and P. sugar
Lemon (Mrs. Fred Osborne) Cost $0.20	1 large lemon (juice and grated rind)	1 c. granulated 4 TBS. powdered	2 TBS. cornstarch	1½ c. hot water	2 yolks (slightly beaten) : 2 whites (beaten stiff)		Mix cornstarch and G. sugar. Add yolks, lemon juice and rind and water gradually. Cook in double boiler till thick. Cover with meringue of whites and P. sugar, when cool.
Lemon Meringue (Mrs. J. E. Church) Cost $0. 22	1 lemon (juice and grated rind)	1 c. granulated	2 TBS. flour or cornstarch	1 c. milk	2 yolks (beaten) 2 whites (beaten stiff)	1 tsp. melted butter	Make as above, using milk instead of water, and folding in whites. (Cover with meringue if desired).
Pumpkin or Squash Cost $0.26	1 c. mashed pumpkin or squash	½ c. granulated		1¼ c. milk	2 whole or 3 yolks (slightly beaten)	¼ tsp. cinnamon ¼ tsp. ginger ¼ tsp. nutmeg ½ tsp. salt ¼ c. molasses	Combine sugar molasses, salt, spices and pumpkin. Add eggs and milk.
In Cooked Shells	For directions for making Shells see **Pastry.**						
Butterscotch (Mrs. N. M. Bayne) Cost $0.22		1 c. brown 2 TBS. powdered	2 TBS. flour	1 c. milk	2 yolks (slightly beaten) 2 whites beaten stiff)	1/8 tsp. salt 2 TBS. butter	Mix flour, butter, G. sugar and salt. Add milk and yolks. Cook in double boiler till thick. Pour in shell. Cool. Cover with meringue of whites and P. sugar.

FILLINGS FOR PIES (One Crust)—*Continued*

For Meringues add 1-4 TBS. sugar to each well-beaten egg-white.

Bake 12-18 min. at 300 F. Cool slowly.

PIE	FRUIT	SUGAR	THICKENING	LIQUID	EGGS	OTHER INGREDIENTS	DIRECTIONS
In Cooked Shells	For direct	ions for mak	ing shells	see **Pas**	**try.**		
Chocolate (Mrs. D. R. Kennedy) Cost $0.30		1 c. granulated 6 TBS. powdered	1 TBS. cornstarch	1¼ c. milk hot	3 yolks (beaten till smooth) 3 whites (beaten stiff)	1/8 tsp. salt 1 tsp. vanilla 2 oz. chocolate melted	Add hot milk to melted chocolate, gradually, cooking till smooth. Pour on G. sugar mixed with cornstarch and yolks. Cook in double boiler 10 min. Add vanilla. Cover with meringue.
Cream Walnut (Mrs. S. E. Kennedy) Cost $0.30		½ c. granulated 3 TBS. powdered	2 TBS. flour	2 c. milk	3 yolks (slightly beaten) 3 whites (beaten stiff)	pinch salt ½ c. walnut meats chopped	Mix flour, G. sugar and salt. Add milk and yolks. Cook in double boiler till thick. Add nuts. Turn into shell. Cool. Cover with meringue of whites and P. sugar.
Cocoanut (Mrs. W.A. McGuinness) Cost $0.25		½ c. granulated 2 TBS. powdered	2 TBS. flour or cornstarch	1 pt. milk	2 yolks 2 whites (beaten stiff)	2 TBS. cocoanut 1 tsp. vanilla	Mix flour (or corn starch) with a little milk. Add rest of milk (heated). Add yolks and sugar beaten together. Cook till thick in a double boiler, Cool. Turn into shell and cover with meringue of P. sugar and whites.
Lemon Fluff (Mrs. J. O. Meadows) Cost $0.28	1½ lemon (juice and grated rind)	1 c. granulated		3 TBS. water	4 yolks (slightly beaten) 4 whites (beaten stiff)		Mix yolks, sugar, ½ c. sugar, lemon juice and rind. Cook till thick in double boiler. Cool. Add whites and ½ c. sugar. Bake 5 min. at 500 F.
Lemon (Mrs. J. M. Almond) Cost $0.32 (Fills 2 small shells)	2 lemons juice (grated rind of ½)	2 c. granulated 6 TBS. powdered	3 TBS. cornstarch	1¼ c. boiling water	3 yolks (slightly beaten) 3 whites (beaten stiff)	1 TBS. butter	Mix cornstarch and sugar. Add yolks, butter, lemon juice and rind add water gradually. Cook in double boiler till it "custards." Cover with meringue of whites and P. sugar. Brown under broiler slowly.

FILLINGS FOR PIES (One Crust)—*Continued.*

For Meringues add 1-4 TBS. sugar to each well-beaten egg-white.

Bake 12-18 min. at 300 F. Cool slowly.

PIE	FRUIT	SUGAR	THICK-ENING	LIQUID	EGGS	OTHER INGREDIENTS	DIRECTIONS
In Cooked Shells	For direct	ions for mak	ing shells	see **Pas**	**try.**		
Lemon Crumb (Mrs. Pelton) Cost $0.25	3 lemons (juice and grated rind)	1½ c. granulated 6 TBS. powdered	3 tsps. corn-starch 2 thick slices bread, crumbed 1 tsp. flour	¾ c. water	3 yolks (slightly beaten) 3 whites (beaten stiff)		Mix G. sugar and cornstarch. Add water, lemon juice, yolks and crumbs. Cook in double boiler till thick. Cool. Pour into shell. Cover with meringue of whites and P. sugar mixed with 1 tsp. flour.
Straw-berry Tartlet (Mrs. E. A. Gillson) Cost	1 qt. straw-berries half cut, half mashed with 1 TBS. lemon-juice	1 c. granulated	1 TBS. gelatine	¼ c. water		xxx cream	Soak gelatine in water 10 min. Dissolve in double boiler. Add sugar to strawberries. When beginning to set, fill tart shells (made over muffin tins). Put cut fruit on top. Serve with whipped cream.

GENERAL SUGGESTIONS FOR PASTRY.

A little baking powder makes a crust light; too much causes pastry to dry more easily and to soak juices more readily.

A little lemon juice added to the water used in mixing pastry makes the crust more flaky.

When pies are made frequently, it is convenient to keep in a covered gem-jar, in the refrigerator, flour, salt, B.P. and shortening in proper proportions mixed and chopped ready for the addition of the water.

If juices have run over in the oven, cover with salt; this absorbs liquid, forming a crust easily removed and lessens the smoke and odour.

Almost any cornstarch dessert may be turned into a cooked pie-shell and covered (or not) with a meringue. Nearly any gelatine dessert may be turned, when beginning to set, into a cooked shell and covered (or not) with whipped cream.

Make an additional pie-shell or two when baking pastry; cooked shells keep well and with one on hand an easily made dessert is always possible.

Meringues should cook and cool very slowly.

Some cooks place their meringues in the broiling oven under a low flame, watching carefully till a light brown. Preheat oven 5-10 mins.

It is claimed that adding 1/8 tsp. baking powder to each egg-white will keep a pie-meringue from falling.

FILLINGS FOR PIES (Two Crusts—Uncooked Pastry)

The Pastry for a small two-crust pie costs about $0.11.
Bake 10-15 min. at 425-450 F., and 25-35 min. at 350 F.

PIE	FRUIT	SUGAR	THICKENING	LIQUID	EGGS	OTHER INGREDIENTS	DIRECTIONS
Apple Cost $0.14	4-5 medium apples (3 c. sliced)	½-¾ c.				¼ tsp. nutmeg ¼ tsp. cinnamon grated rind 1 lemon or 1 TBS. lemon juice	Mix
Blueberry (Miss M.E. Hall)	2½ c. blueberries	½ c.	1 TBS. flour			1/8 tsp. salt 1 tsp. cinnamon	Mix sugar, salt and cinnamon and add to blueberries dredged with the flour.
Cherry	2 c. sour cherries	1 c.	3 TBS. flour				Mix sugar and flour. Add to cherries. Make upper crust of strips.
Cranberry (and Raisin) Cost $0.12	1½ c.	¾ c.		½ c. water		add ½ c. raisins if desired	Cook all together 10 min. (till soft). Make upper crust of strips.
Lemon (Mrs. J. E Church) Cost $0.14	1 lemon (grated rind and juice)	1 c.	2 tsps. flour	6 TBS. milk	1 whole (beaten)	2 tsps. melted butter	Mix sugar and flour. Add egg and milk and butter.
Mince	2½ c. mince-meat						
Raisin (and Nut) Cost $0.13	1½ c. raisins	½ c.	1 TBS. flour	1½ c. boiling water		grated rind 1 lemon juice (½ chopped nuts if desired)	Cook raisins in water till tender. Add flour and sugar mixed, and cook till thick. Add lemon. Cool before filling crust.
Rhubarb	2 c. rhubarb (cut in ½"pieces)	1 c.	2 TBS. flour		1 (slightly beaten)		Mix sugar, flour and eggs. Add to rhubarb
Banbury Tarts Cost $0.16	1 c. raisins (chopped) 1 lemon (juice and grated rind)	¾ c.	2 soda biscuits (finely rolled)		1 (slightly beaten)		Mix all together. Put 2 tsps. on 3" x 3" x 1/8" pastry and fold over. Bake 10 min at 425 F, and 15 min. at 350F.

Pie Fillings

LEMON FILLING.—cost $0.53. Makes

1 lb. fruit sugar
¼ lb. fresh butter heat till dissolved. Add
4 eggs well beaten then
4 lemons (juice and rind) Cook in double boiler till thick, stirring constantly.

MRS. H. R. HARRIS.

LEMON CHEESE CAKE MIXTURE—cost $0.67. Makes

½ **lb. butter**
2 **cups granulated sugar**
8 **egg yolks** well beaten
2 **egg whites** well beaten
4 **lemons grated rind and juice.** Cook all together in a double boiler, stirring the same way, until as thick as custard.

Is nice served in tarts or spread between cake. Will keep some time.

MRS. A. L. WICKES.

DELICIOUS LEMON FILLING.—cost $0.28. Makes

2 **oz. butter**
3 **eggs** beaten
½ **lb. sugar**
1 **lemon** (**juice and rind**)

Mix all ingredients together, put in double boiler and cook until sugar is dissolved thoroughly, when it will thicken. Stir slowly all the time. When cool, either use in pastry shells, or keep in glass jars.

MRS. E. A. GILLSON.

LEMON PUFF PIE FILLING (**For cooked shell**).—cost $0.22

3 **egg yolks**
½ **cup sugar**
1½ **lemons** (**juice and grated rind**)
3 **TBS. water** Cook together in double boiler till thick, stirring constantly. Cool. Fold in
3 **egg whites** beaten stiff, and to which has been added
1/3 **cup sugar** Pour into a baked shell and brown in broiling oven.

MRS. W. G. KRAUSER.

CARAMEL FILLING.—cost $0.20.

Bake 10 min. at 425 F. Bake 30 min. at 325 F.
1 **cup brown sugar**
3 **TBS. butter** Boil together. Add
1 **cup hot water.** Stir well. Add
1 **TBS. cornstarch** mixed with
1 **tsp. vanilla**
2 **egg yolks** and
a little water Pour into shell of uncooked pastry. Bake 40 min. and cover with meringue of sugar and
2 **egg whites** beaten stiff. Brown in top of oven a few moments.

MRS. W. BENTLEY.

FRUIT TOMATO MINCE MEAT.—cost Makes

1 **pk. green tomatoes**
½ **pk. apples**
6 **lbs. sugar**
1½ **lbs. suet**
3 **lbs. currants**
3 **lbs. raisins**
2 **lemons**
2 **oranges**
2 **tsps. cinnamon**
1 **tsp. cloves**
2 **tsps. salt**
½ **nutmeg, ground**

Put all through mincer. Cook 1½ hrs. Pack in jars.

MRS. H. HARRISON.

FELIXSTOWE PUDDING.—cost $0.30, plus fruit.

2 oz. (¼ **cup**) **butter** rubbed into
2 oz. (½ **cup**) **flour** Add the following dry ingredients sifted together:
2 oz. cornstarch
1 TBS. sugar
¾ **tsp. baking powder.** Beat up
1 egg yolk with a very little
milk and just moisten the flour mixture. Gather into a stiff paste and roll out to a thin sheet. Line and decorate a pie plate, prick the centre to prevent it rising too much, and cook in a moderate oven. When quite crisp and ready, fill in with
½ **tin apricots, strawberries** (**or other fruit**) Pile on top
2 egg whites stiffly beaten and sweetened with
fine sugar
cream could be substituted for white of egg, and should be flavoured with vanilla.

MRS. J. B. YOUNG.

MINCE MEAT.—cost $3.75. Makes

2 lbs. beef simmer gently till tender. Chop fine. Add
2 lbs. beef suet chopped fine
2 lbs. currants
2 lbs. raisins stoned
1 lb. citron shredded
1½ **lbs. candied lemon peel** shredded
4 lbs. apples pared, cored and chopped
2 lbs. sultana raisins
2 lbs. sugar
2 nutmegs grated
¼ **oz. cloves**
½ **oz. cinnamon**
¼ **oz. mace** and
1 tsp. salt Mix well. Add
2 lemons (**juice and rind**)
2 oranges (**juice and rind**) Pack in glass jars. Cover closely and keep cool.

MRS. J. E. CHURCH.

MINCE MEAT.—cost $2.70. Makes

½ **pk. Spy apples**
1 lb. seeded raisins
1 lb. figs
1 lb. mixed peel
1 lb. beef suet all minced
1 lb. currants
½ **lb. walnuts** cut
1 lb. sultana raisins
5 oranges, grated rind
3 oranges, juice
2 lemons, juice and rind
1 lb. brown sugar
2 nutmegs, grated
1 tsp. cinnamon
1 tsp. allspice
1 tsp. mace
½ **pt. cider**

Mix well. Place in stone jars. Cover and put in a cool place.

MRS. CHARLES PULLEN.

GREEN TOMATO MINCE MEAT

Slice a quantity of green tomatoes and sprinkle well with salt. Put in a bag and hang up to drip all night. The salt left on the tomatoes need not be washed off. Take equal weights of sugar and tomatoes and cook till thoroughly done.

To 7 lbs. tomatoes and sugar, add 3 lbs. seedless raisins, and mace and cinnamon to suit taste. Cook for a short time after adding seasoning and put in jars.

MRS. W. B. HORIE.

WHITE GRAPE MINCEMEAT.—cost Makes

¾ **lb. cooking apples** peeled, cored and sliced
½ **lb raisins** seeded
½ **lb. currants** washed and dried
¼ **lb. sultanas** washed and dried
¼ **lb. mixed peel** cut fine. Put all through mincer. Add
¼ **lb. brown sugar** Add
½ **lb. white grapes** skinned and stoned. Put pulp in basin and press with a wooden spoon. Mix all ingredients together well. Add
1 **lemon (juice and grated rind)** Seal in jars.

To skin grapes easily put in basin and pour over them hot water.

MRS. FRED. OSBORNE.

Invalid Diets

(List given in order in which foods are given to convalescent patients)

1. LIQUID DIET, consisting of:

Waters of all kinds. (See Beverages)
Ginger Ale
Orange and Lemonade. (See Beverages)
Beef Tea. (See Beverages)
Broths
Tea, Coffee, and Cocoa. (See Beverages)
Buttermilk
Malted Milk
Milk
Cream

2. SOFT DIET consisting of:

Egg Nogs. (See Beverages)
Soups. (Vegetable and strained meat). (See Soups)
Water Toast. (See Luncheon Dishes)
Cream Toast. (See Luncheon Dishes)
Bread without Crusts
Cereals. (See Cereals)
Custard. (See Desserts)
Rice. (See Cereals)
Ice-Cream. (See Desserts)
Milk Puddings. (See Desserts)
Plain Puddings. (See Desserts)
Soft Boiled Eggs. (See Luncheon Dishes)
Oysters
Baked Apple
Apple Sauce. (See Desserts)
Stewed Fruits. (No Seeds)
Mashed Potato
Baked Potato
Cream Soups. (See Soups)
Toast
Soft Poached Eggs

3. LIGHT DIET, consisting of:

Liquid and soft Diets
Whitefish. (See Fish)
Codfish. (See Fish)
Bacon (broiled).
Scraped Beef. (See Meats)
Squab. (See Poultry and Game)
Quail. (See Poultry and Game)
Sweetbreads. (See Luncheon Dishes)
Chicken. (See Poultry and Game)
Chops. (See Meats)
Steak. (See Meats)
Vegetables when ordered. (See Vegetables or Luncheon Dishes)

Luncheon and Supper Dishes

CROQUETTES—(Recipes make 9-12 Croquettes)

Roll Croquettes in fine crumbs. Dip in 1 egg, beaten, with 1 TBS. water. Roll in crumbs. Fry in deep fat at 390 F. (See Deep Fat Frying).

CROQUETTE	THICK WHITE SAUCE	OTHER INGREDIENTS	DIRECTIONS
Cheese Cost $0.25	3 TBS. butter 4 TBS. flour 2/3 c. milk salt and pepper (makes 1 c.)	½ c. grated cheese 1 c. cheese cut in tiny cubes 2 egg yolks	Add white sauce to yolks, slightly beaten. Add grated cheese. Cook in double boiler till cheese melts. Remove from fire. Fold in cheese cubes. Cool and shape.
Chicken (Meat or Fish) (Mrs. J. Taylor) Cost $0.80	1 c.	2 c. finely chopped chicken (meat or fish) if desired 1 tsp. chopped parsley 1 tsp. lemon juice 1 TBS. onion juice (½ tsp. curry powder)	Combine ingredients. Cool and shape. (Add curry powder to chicken if desired.)
Egg Cost $0.42	1 c.	6 hard boiled eggs chopped 4 TBS. chopped green pepper 1 tsp. onion juice	Combine ingredients. Cool and shape.
Potato (Mrs. L. Rohr) Cost $0.10		2 c. hot riced potatoes ½ tsp. baking powder ½ tsp. salt 1/8 tsp. pepper yolks 2 eggs	Combine ingredients. Cool and shape.
Rice and Cheese (Mrs. L. A. Sewell) Cost $0.30	1 c.	1 c. shredded pimento cheese 2 c. cold boiled rice salt and pepper	Add cheese to hot white sauce. Stir well. Cool. Mix with cold rice. Shape.
Sunshine Spaghetti or Macaroni Cost $0.15	1 c.	2 c. cold cooked spaghetti cut in pieces salt and pepper ¼ c. grated cheese (or more)	Add cheese to hot white sauce. Stir well. Mix with Spaghetti. Cool. Shape.

LUNCHEON AND SUPPER DISHES.

Some recipes have been included in **Luncheon and Supper Dishes** which are usually classed as **Meats or Vegetables.** It is hoped that the grouping together of dishes with similar uses will be a convenience. Fish dishes are given separately, under **Fish.**

WATER TOAST

Slices dry toast Dip in boiling water, allowing
½ **tsp. salt** to
1 cup boiling water. Dip quickly and spread with butter
Serve at once.

CREAM TOAST

Slices of fresh buttered toast. Dip in hot white sauce I (See **Sauces**). Pour remaining sauce on the toast when ready to serve.

SOFT COOKED EGG.

Pour boiling water over egg. Remove to back of stove. Cover. Let stand 8 minutes.

HARD COOKED EGG.

Place eggs in the boiling water; move to a warm place; cover; let stand 30 min. Use 1 pt. water for 2 eggs and 1 cup extra for each additional egg. If to be used for garnishing, plunge into cold water after cooking.

FLUFFY OMELETTE.—cost $0.21. Serves 4.

4 egg yolks beaten till thick. Add
½ **tsp. salt**
1/8 tsp. pepper and
4 TBS. water or milk. Fold in
4 egg whites beaten stiff. Pour into smooth very hot omelette pan in which is melted
2 tsps. butter Reduce heat when brown underneath, place under flame in broiling oven and cook till firm. Fold over carefully and serve at once.

FRENCH OMELETTE.—cost $0.22. Serves 4

4 eggs beaten slightly (until whites and yolks are mixed) Add
½ **tsp. salt**
1/8 tsp. pepper
4 TBS. milk Pour into hot omelette pan in which is melted
2 tsps. butter As egg cooks, lift up with a broad knife so that liquid will run underneath till all is cooked. Increase heat to brown underneath. Fold over and serve at once.

Left-overs may be utilized in omelettes; chopped meat, diced vegetables, grated cheese. Spread omelette with any of these when almost done. Fold over. Jelly and fruit omelettes may be made in the same way, omitting half the salt and adding 1 TBS. sugar to omelette recipe. Variations are particularly good with Fluffy Omelette.

SPANISH OMELETTE.—cost $0.35. Serves 6.

Make a **Fluffy Omelette** and before folding over, pour on it a sauce made of:
2 green peppers
1 red pepper
1 onion all chopped and fried 5 min. in
2 TBS. butter Add
1-2 TBS. flour Stir till smooth. Add gradually
1 cup canned tomatoes Add
1 TBS. sugar
1 tsp. salt and
cayenne pepper Cook till smooth. Add
a few mushrooms if desired.

MRS. J. F. GALLAGHER.

CURRIED EGGS.—cost $0.30. Serves 4.

1 TBS. butter melted in saucepan. When it boils add
¼ tsp. curry powder Cook a minute and add
4 eggs unbeaten. Stir well. Add
2 tsps. milk and
salt and pepper to taste When thick serve on buttered toast.

MISS WINNIE HOAD.

EGGS A LA GOLDENROD.—cost $0.30. Serves 5-6.

4 hard cooked eggs. Chop whites. Add to
1½ cups medium white sauce Heat. Pour over
4 slices toast cut in triangles. Sprinkle with the yolks pressed through a potato ricer. Garnish with parsley.

MRS. H. TEES.

CHEESE SOUFFLE.—cost $0.30. Serves 4-5.

Bake 45 min. at 275 F. and 325 F.

2 TBS. butter melted. Add
3 TBS. flour Add gradually
½ cup milk When smooth, add
¼ tsp. salt
1/8 tsp. pepper and
½ cup grated cheese Stir well. Remove from fire. Add
3 egg yolks well beaten. Cool. Fold in
3 egg whites beaten dry. Bake in buttered dish set in a pan of hot water. Cover and bake in a very slow oven till well risen, uncover and bake in a moderate oven till firm. If a steel knitting needle comes out clean when inserted in centre, the soufflé is done. Serve at once.

MRS. M. H. MCCRADY.

BREAD CRUMB CHEESE SOUFFLE.—cost $0.30. Serves

Bake 20 min. at 350 F.

1 cup scalded milk mixed with
1 cup soft bread crumbs
¼ lb. soft, mild cheese cut in small bits
1 TBS butter
½ tsp. salt
a little mustard Place over low flame till cheese is melted. Add
3 egg yolks well beaten. Beat well. Fold in
3 egg whites beaten stiff. Bake in a moderate oven.

MISS ISOBEL MUDGE.

CHEESE DELIGHTS.—cost $0.50. Serves 6-7.

Bake 5-10 min. at 500 F.

2 cups cheese grated. Add
1 TBS. butter and
1 egg well beaten. Season with
dash of salt
paprika
cayenne
1 tsp. mustard and
1 tsp. good table sauce Mix to a paste, then pile thickly on
6 squares of bread from which the crusts have been cut, and top each with wafer-thin slice of
bacon Arrange delights in pan and have oven very hot. Serve each on leaf of
lettuce with
mayonnaise. Garnish with
pickles or olives.

MRS. GUY DOBBIN.

MEAT OR CHICKEN SOUFFLE.—cost $0.40. Serves

Bake 30 min. at 350 F.

2 TBS. butter melted. Add
4 TBS. flour Stir well. Add gradually, while stirring,
2 cups milk Stir till smooth. Add
2 cups Clarke's ham or chicken minced. Add
2 egg yolks beaten. Season with
salt and pepper When cold add
2-3 egg whites beaten stiff. Pour into a buttered baking dish. Bake till firm in a moderate oven.

MRS. G. O. EVERY.

TURKISH PILAF.—cost Serves

Bake 10-15 min. at 450 F.

rice boiled in salted water 20 min. Strain. Put in buttered baking dish and pour over it
melted butter Bake 10-15 min. Serve with tomato sauce or the **Bolognese** meat sauce (below), or with the following

Turkish Sauce:
1 TBS. flour, salt and pepper
1 TBS. butter well blended. Add slowly (make as white sauce)
1 cup scalded milk Add
1 egg yolk beaten

MRS. E. A. IRWIN.

BOLOGNESE MACARONI.—cost Serves

Sunshine macaroni Boil in salted water till tender. Strain. While macaroni is boiling, make the following sauce:
½ Spanish onion chopped fine. Cook slowly till tender and brown in
1 TBS. butter Add
1 cup finely chopped beef and
½ cup mushrooms Cook slowly. Add
1 cup strained tomato juice (fresh or canned)
1 bay leaf
a little scraped carrot
chopped celery
pepper and salt Boil slowly ½ hr. (till thick). Pour over the hot macaroni

MRS. E. A. IRWIN.

ITALIAN RICE.—cost $0.60. Serves

Bake 45 min. at 350 F.

Fill a greased baking dish with alternate layers of the following:
3 cups boiled rice
1½ cups fried onions
2 cups tomatoes
¾ cup grated cheese
½ cup pimentoes
salt and pepper Finish with layer of rice and cheese. Bake in a moderate oven.

MRS. G. D. C. DOBBIN.

SPANISH RICE.—cost $0.50. Serves

4 slices bacon
1 onion chopped. Fry slowly till brown. Add
¾ lb. beef steak ground
¼ lb. pork ground. Cook till meat is done. Add
1 cup cooked rice
1 tin tomato soup and
salt and pepper.

MRS. G. W. ROBINSON.

MACARONI AND CHEESE.—cost $0.18. Serves

Bake at 500 F.

2 cups macaroni Boil in salted water till tender. Plunge into cold water.
1 cup water in which macaroni was boiled (or milk). Thicken with
2 TBS. flour and
¼ tsp. mustard rubbed smooth with
a little water Boil till thick. Add
1 cup milk Alternate in a baking dish, layers of macaroni with sauce and
¾ cup grated cheese Bake till brown on top.

MRS. T. C. HUDSON.

SCALLOPED MACARONI.—cost $0.40. Serves 12.

Bake 1 hr. at 375 F.

½ pkg. Sunshine macaroni
1 large onion sliced
1 tin tomatoes
1 tsp. salt
pepper Scallop in 2 layers with
bread crumbs and
1/3-¼ lb. cheese grated, having bread crumbs on top. Bake in a hot oven.

MRS. W. A. BRADBURY.

SPAGHETTI A LA ITALIA.—cost $0.80. Serves 8-10.

Bake 1 hr. at 300 F.

1 pkg. Sunshine spaghetti cooked till tender in
boiling, salted water Drain and pour cold water over it.
½ lb. bacon diced and fried. In fat fry
3 large onions cut in pieces. Add
1 tin tomatoes heated. Add
½ lb. strong Canadian cheese grated. Heat thoroughly. Mix with spaghetti. Put in buttered casserole. Bake slowly.

MRS. W. G. KRAUSER.

SPAGHETTI WITH MEAT.—cost $0.43. Serves 5-6.

Bake 20 min. at 400 F.

½ **pkg. spaghetti** cooked in.
boiling, salted water about 15 min. Pour on cold water. Drain. Add
½ **-1 lb. minced steak.** (cheaper cut)
½ **tsp. salt**
pepper
¼ **lb. cheese** cut in small pieces
1 **good-sized onion** chopped fine
1 **can tomato soup**
1 **can hot water** Mix all together. Put in buttered baking dish. Cover with
bread crumbs Dot over with pieces of
butter and cheese. Bake.

MRS. S. I. PELTIER.

BAKED SPAGHETTI FOR 100.—cost $5.00.

Bake 20 min. at 500 F.

8 **pkg.** (lbs.) **Sunshine spaghetti** broken in inch pieces. Add to
5 **gals. boiling water** to which has been added
1 **cup salt** Boil 25-35 min. (till tender). Drain. Place in baking dishes. Cook slowly
2½ **lbs. bacon** till half done. Drain and in bacon fat cook slowly till soft
2½ **lbs. onions** (5 cups) chopped and
5 **sweet green peppers** chopped. Then add
3 **cups flour** Stir till smooth, adding more grease if needed. Add
8 **cans** (qts.) **tomatoes** Cook till smooth. Add
4-5 **TBS. salt** (to taste)
pepper Pour all over macaroni. Sprinkle with
2 **lbs. cheese** finely chopped or grated. Cover with the strips of bacon. Bake in hot oven till well heated and bacon is crisp.

SCALLOPED CORN FOR 100.—cost $4.00.

Bake 20 min. at 500 F.

1½ **lbs. butter** melted. Add
3 **cups flour** Stir well. Add
6 **tsps. salt** and gradually, stirring constantly
6 **qts. milk** Cook till smooth. Add
12 **cans corn** and
¾ **cup sugar.** Turn into greased baking dishes in alternate layers of
2 **qts. bread crumbs** and corn mixture. Dot with
½ **cup butter.** Bake in a very hot oven till thoroughly heated and brown.

CORN PUDDING.—cost $0.25. Serves 8.

Bake 1 hr. at 325 F.

1 **can corn**
1 **egg** slightly beaten
1 **cup milk** scalded
¾ **tsp. salt**
1 **tsp. sugar**
1/8 **tsp. pepper.** Mix together. Bake in a slow oven till firm.

MISS M. K. SIMPSON.

Fry fritters in deep fat at 390 F. Drain. Sprinkle sweet fritters with powdered sugar. Serve with a sauce or with maple syrup. (See **Deep Fat Frying**).

FRITTER BATTER I—cost $0.10.

1¼ cups flour
2 tsp. baking powder
¼ tsp. salt sifted together. Add gradually
2/3 cup milk Beat till smooth. Add
1 egg well beaten.

FRITTER BATTER II.—cost $0.10

1 cup flour
1½ tsps. baking powder
1-2 TBS. powdered or granulated sugar
¼ tsp. salt. Sift all together. Add gradually
1/3 cup milk Add
1 egg yolk beaten and
½-1 TBS. butter melted. Add
1 egg white beaten stiff.

Use **Batter I** for vegetables. (Add ½-1 cup small vegetables, as corn, to batter; cut large vegetables in pieces, season and dip in batter).

Use **Batter II** for fruits. (Chop fruit and add ½-1 cup to batter; or cut in pieces, sprinkle with powdered sugar and dip in batter).

CORN FRITTERS.—cost $0.15. Makes

1 cup Ogilvie flour sifted with
1 tsp. baking powder and
¼ tsp. salt Add
1 cup milk
1 egg well beaten
½ cup corn and
additional flour if necessary. Drop by TBS. in hot fat (See **Deep Fat Frying**) serve with Maple Syrup.

Note: Dip spoon first in hot fat to prevent sticking.

MRS. JOHN MCKAY.

SWEDISH TIMBALES.—cost $0.09. Makes

¾ cup flour
½ tsp. salt
1 tsp. fine sugar sifted together. Add gradually
½ cup milk and
1 egg well beaten. Add
1 TBS. olive oil. Dip heated timbale iron in batter and fry in deep fat till light brown. Take from iron. Drain on brown paper. Fill with creamed oysters, lobster, chicken, etc.

Note: **To Heat Timbale Iron.** Heat fat until hot enough to fry uncooked mixtures. Put iron into hot fat; there should be enough fat to more than cover iron and let stand until heated. The only way of knowing when iron is of right temperature is to take from fat, shake what fat may drip from it, lower in batter, then immerse in hot fat. Cook until crisp and light brown. If batter does not cling to iron or drops from iron, it is either too hot or not sufficiently heated. Use a small quantity of the batter at a time in a cup and if it becomes too thick, add 1 or 2 tsps. milk to dilute it.

MRS. L. RHOR.

BOSTON BAKED BEANS.—cost $0.70. Serves

Bake 6-8 hrs. at 250 F.

1 qt. beans Soak over night. In the morning rinse and bring slowly to a boil in cold water. Add
1/8 tsp. soda Cook very slowly till the skins burst when taken out on a spoon and blown upon. Rinse in 2 or 3 waters and put in bean jar. Add mixed together
¼ tsp. pepper
½ tsp. salt
½ tsp. ginger
½ tsp. mustard
1 TBS. catsup and if desired
½ cup sugar and
½ cup molasses. Bury in beans
1½-2 lbs. salt pork Add enough
boiling water to cover. Cover pot and bake very slowly 6-8 hrs.

Pleasant View House, North Hatley , Quebec.

LIMA BEANS IN CASSEROLE.—cost $0.22. Serves

Bake 20 min. at 400 F.

1½ cups lima beans soaked over night. Boil till soft. Drain. Add
¼ lb. bacon fried with
2 onions till onions are soft. Place together in casserole with bacon on top. Pour over
1 cup milk Bake in a hot oven.

MRS. H. B. POPE.

LYONNAISE POTATOES.

2 TBS. butter (or bacon drippings)
2 TBS. finely chopped onion fried slowly together till onion is a light brown. Add to
3 cups cold boiled potatoes diced. Season with
salt and pepper In the same frying pan melt
2 TBS. butter (or bacon drippings) Add potatoes. Press down firmly without stirring. Fry slowly till brown underneath. Sprinkle with
1 TBS. finely chopped parsley. Fold over omelette-fashion or place serving platter on frying pan, hold firmly and i nvert

SCALLOPED RAW POTATOES.—cost $0.10. Serves 5-6.

Bake 1½ hrs. at 350 F.

1 qt. raw potatoes cut in ⅛"-¼" slices. Place a layer in a buttered baking dish. Sprinkle with salt and pepper, dredge with flour and dot with butter. Repeat till dish is full, using in all:
1 tsp. salt
¼ tsp. pepper
2 TBS. butter and
2 TBS. flour Pour hot milk over all till it may be seen through top layer.
1-2 cups milk Cover dish during first half of cooking and bake in a moderate oven till potatoes are cooked.

SCALLOPED COOKED POTATOES.—cost $0.25. Serves 7-8.

Bake 12 min. at 500 F.

1 qt. boiled potatoes diced. Add
2 cups medium white sauce and, if desired
1 TBS. finely chopped parsley or
¼ lb. grated Canadian cheese Turn into a buttered baking dish. Cover with
1 cup crumbs dot with
butter Bake in a hot oven till brown.

POTATOES IN WHITE SAUCE.

Dice (or cut in balls) raw potatoes. Soak in cold water. Cook in boiling salted water about 10 min. Drain and add to white sauce. Or use diced, cold boiled potatoes in white sauce.

CREAM POTATOES

Finely chop cold boiled potatoes. Season. Place in frying pan. Dot with butter. Add enough cream to barely moisten. Cook over a very low flame for 15-20 min. Add more cream if necessary. Stir lightly with a fork only enough to mix.

BAKED POTATOES AND CHEESE.—cost $0.15. Serves 6.

Bake 10 min. at 450 F.

6 large baked potatoes Cut in half lengthwise and remove centres. Mash thoroughly. Add
¼ lb. grated cheese mixed with
1/3 cup hot milk Beaten with egg beater till smooth. Add
1¾ tsps. salt and
1/8 tsp. pepper Beat till light. Refill potato shells. Sprinkle with
paprika Bake in a hot oven.

MRS. G. DOBBIN.

IRISH POTATO CAKE

Bake at 400 F.

cold mashed potatoes Place on bread-board and sift on potatoes
an equal quantity of flour Rub together till the mixture forms one ball. Roll out and cut in any shape. Bake in hot oven.

MRS. W. A. MCGUINNESS.

SAUSAGE SWEET POTATO PUFF.—cost

Bake 12 min. at 450 F.

sweet potatoes boiled, peeled, and put through the ricer. Add
salt,
sugar (brown) and
butter
1 egg beaten, and enough
cream or top milk to whip till very light and fluffy. Add
½ cup La Belle Fermière sausage cooked and minced. Pile lightly in a buttered glass baking dish and brown lightly in a hot oven.

MRS. L. R. COOPER.

POTATO BALLS

Mash boiled potatoes until very smooth, add salt and pepper, and a little chopped parsley and a little onion, form into balls with two knives, dip in beaten egg, and crumbs, and fry until brown.

MRS. E. A. GILLSON.

SCALLOPED PORK CHOPS CASSEROLE.—cost Serves

Bake ¾-1 hr. at 360 F.

pork chops fried quickly to brown fat. Place in casserole. Add
sweet potatoes cut length-wise and sprinkled with
brown sugar On these place a layer of
apples cored and sliced. Sprinkle with
brown sugar Bake in a moderate oven.

MRS. W. A. KENNEDY.

CANDIED SWEET POTATOES.

Bake 30-40 min. at 350 F.

9 medium sized sweet potatoes Wash, pare and boil 10 min. in boiling salted water. Drain, cut in halves length-wise. Dip in a syrup made of
¾ cup brown or white sugar boiled 4 min. with
1/3 cup water and to which is added
2 TBS. butter Place in a buttered baking-pan and bake till thoroughly cooked and brown in a moderate oven, basting with remaining syrup several times. Turn if necessary to brown evenly.

MRS. J. F. GALLAGHER.

SAUSAGES ROLLED IN PASTRY

Bake at 400 F.

Cut pastry in pieces and roll fried sausage in them, pinch each end. Lay in rows in tin and pour fat from sausages over, then bake in a hot oven.

MRS. W. A. MCGUINNESS.

FRIED SAUSAGE EGGS

Fry 8-10 min. at 375 F.

Boil eggs 10 minutes, drop in cold water, take off shells, then wrap sausage meat around each egg, dip in egg and then in bread crumbs, fry in deep fat, drain and cut in halves and decorate with parsley. This is a delicious and pretty dish.

MRS. E. A. GILLSON.

SCALLOPED HAM AND POTATOES.—cost Serves

Bake 2 hrs. at 325 F.

1 thick (¾") slice raw ham soaked ½ hr. Drain. Fry quickly till fat is brown. Place in baking dish. Add
3 cups raw sliced potatoes Sprinkle with flour and salt and pepper. Cover with
milk Cover pan. Bake in a slow oven 1½ hrs. Uncover and bake ½ hr.

MRS. H. F. SARE.

SCALLOPED HAM AND PINEAPPLE.—cost Serves

Bake 2 hrs. at 325 F.

1 thick slice raw ham Fry quickly till fat is brown. Place in baking dish. Insert in ham
6-8 cloves Sprinkle with
2-3 TBS. brown sugar Pour on ham
1 small can grated pineapple Cover and bake 2 hrs. in a slow oven. Add a little cold water if it becomes dry. Uncover for the last ½ hr.

MISS M. E. HALL.

HAM LOAF.—cost $1.15. Serves

Bake 1 hr. at 375 F.

1 lb. ham ground in meat grinder then add
2 lbs. lean, fresh pork ground. Add
2 cups bread crumbs
2 eggs beaten with
1 cup milk
salt and pepper to taste Mix well. Pack in pan lined with greased paper. Bake in a hot oven. Good hot or cold.

MRS. H. TEES.

BEEF AND HAM BRAWN

Steam 3 hrs.

1 lb. round steak minced
¾ lb. uncooked ham minced. Mix and add
2 eggs beaten and
1 cup bread crumbs. Put in greased basin and steam.

MRS. G. SANDILANDS.

VEAL LOAF.—cost $0.75.

Bake 1 hr. at 375 F.

2 lbs. veal finely chopped
2 cups bread crumbs
2 eggs well beaten
salt and pepper to taste
a little sifted sugar
a lump of butter Press down hard in pan. Bake in a hot oven. When cold cut in thin slices.

MRS. J. C. C. ALMON.

BEEF LOAF.—cost $0.58. Serves

Bake at 350 F.

1¼ lbs. round steak minced with
¼ lb. salt pork Add
1 cup rolled biscuits
2 eggs beaten
1 cup milk
1 tsp. savory
salt and pepper to taste

Put in bread tin (greased) and bake in moderate oven.

MISS M. MOODY.

BEEF LOAF.—cost $0.48. Serves

Bake 45 min. at 380 F.

1 lb. round steak
¼ lb. lean fresh pork
1 large onion
1 green pepper seeded. All put through meat grinder. Add
1 egg beaten with
1 tsp. salt
1/8 tsp. pepper
1/8 tsp. celery salt Mix well together. Add more seasoning if desired. Pack firmly in a pan lined with greased paper. Bake in a hot oven. (This may be shaped in a roll; pour over it a pt. of tomatoes and place a few strips of bacon on top. Baste frequently.)

MRS. R. E. MATTHEWS.

PIGS IN BLANKET—cost $0.45. Serves 6.

Simmer 2 hrs.

1½ lbs. round steak cut in pieces for serving. Season with
salt and pepper. On each piece place
an inch wide strip of bacon Roll up the pieces of steak having bacon inside. Fasten with toothpicks or string. Slice
onions in a greased skillet and put in the meat. Brown. Cover with
boiling water Season with
salt and pepper Cover and simmer 2 hrs. Thicken gravy when ready to serve.

MRS. P. ANDERSON.

VEAL BIRDS.—cost $0.33.

Simmer, steam or bake 1½ hrs. at 300 F.

1 lb. veal steak (from loin) cut thin. Trim. Pound to ¼". Cut in pieces 2½" x 4". On each place stuffing made of:
1/8 lb. salt pork
½ onion both put through meat chopper. Add
¾ cup bread crumbs
2 TBS. lemon juice
½ tsp. celery salt
1 tsp. salt
1/8 tsp. pepper
cayenne. Roll up tightly and fasten with tooth picks. Dredge with
salt and pepper and
flour. Fry slowly in
bacon grease till well browned. Half cover with
hot water or milk Cook in double boiler or bake in casserole till tender.

MRS. M. H. MCCRADY.

MOCK DUCK.—cost $1.25.

Bake 1½ hrs. at 350 F.

1 pt. oysters drained. Season. Dip in
1 egg beaten, and roll in
1 cup cracker crumbs Fry in butter. Stuff
2 pork fillets with fried oysters. Roll and fasten with tooth picks. Place the balance of oysters around stuffed fillets. Roast in a moderate oven.

MRS. W. G. KRAUSER.

CASSEROLE OF CALF'S HEART.—cost $0.23. Serves

Bake 2½ hrs. at 350 F.

1 calf's heart washed thoroughly. Cut out all hard sinews and sprinkle inside with
salt and pepper Place in a casserole. Surround with
2 large or 4 small potatoes cut in quarters. Add
½ **tsp. salt**
¼ **tsp. pepper**
1 TBS. chopped parsley and large pieces from
1 can tomatoes Thicken tomato juice with
flour mixed smooth with a little water. Add
1 tsp. sugar and pour all over contents of casserole. Cover tightly. Bake in a moderate oven.

MRS. D. R. KENNEDY.

LEFT-OVER MEAT, MUSHROOM ENTREE.—cost $0.32, plus meat.

Serves

½ **can tomatoes** simmer ½ hr. with
1 bay leaf
1 TBS. sugar
salt and pepper and
curry powder to taste Strain. Add
1 tsp. beef extract
1 TBS. butter and
1 TBS. bread crumbs. Return to fire and stir in
minced chicken, turkey, or veal. and
1 doz. mushrooms coarsely chopped. Serve very hot in entrée dishes.

MRS. F. M. FRY.

SHEPHERD'S PIE—cost Serves

Bake 15 min. at 500 F.

1 can Clarke's Beef Steak and Onions or left-over meat placed in a baking dish. Add
½ **tin of any Clarke's Soups** diluted with
1/3 **cup water or gravy.** Add a layer of
sliced tomatoes Cover with
mashed potatoes Dot with
butter. Bake till brown in a hot oven.

Use any left-over meats, gravy, vegetables and potatoes in this way.

MRS. M. H. MCCRADY.

LEFT-OVER MEAT AND NOODLES.

meat, ham or bacon diced and fried in bacon fat. Add an equal amount of cooked
Sunshine Noodles. Fry 5 min.

MRS. G. DOBBIN.

CREAMED VEAL

Cut left-over veal in cubes. Fry in hot butter to sear. Remove veal and make a medium white sauce with butter in frying pan, flour, seasoning and milk. Serve on toast, surrounded by boiled rice.

MRS. W. A. KENNEDY.

TOAD IN A HOLE.—cost $0.12, plus meat.

Bake 1 hr. at 350 F.

1 egg beaten. Add
1 pt milk Pour gradually into
6 TBS. flour beating constantly. Strain. Add
salt and pepper. Pour over
cold meat cut in inch pieces placed in a buttered baking dish.

Bake in a moderate oven.

MRS. J. C. C. ALMON.

SWEDISH MEAT BALLS.—cost $0.45. Makes 20 balls.

Fry 30 min.

½ lb. fresh pork (neck)
1 lb. round steak
1 small onion
2 large cold boiled potatoes. All ground in meat choppper. Add
1 egg beaten with
2 TBS. catsup
2 tsps. salt and
¼-½ tsp. pepper Make into small balls. Fry slowly till well browned and thoroughly cooked. Serve with brown or tomato sauce.

MRS. M. H. MCCRADY.

STUFFED SWEET GREEN PEPPERS

Bake 10 min. at 500 F.

8 peppers cut in halves, or if small cut off tops. Trim ends that peppers may stand level. Remove seeds and parboil 10 min. Drain. Sprinkle with salt and stuff with the following filling:
1 onion finely chopped and
trimmings of peppers chopped. Fry 3 min. in
2 TBS. bacon drippings. Add
2 large tomatoes finely chopped. Simmer 2 min. Add
1 cup cooked meat finely chopped and
½ cup bread crumbs. Add
thick gravy or tomato purée to moisten. Cover with
buttered crumbs Stand in baking pan in which is a little hot water. Bake in a hot oven till crumbs are brown. Serve with tomato or cream sauce if desired.

MRS. G. DOBBIN.

SWEETBREAD AND MUSHROOM PATTIES.—cost Serves

2 pairs sweetbreads soaked 1 hr. in cold salted water. Parboil 20 min. in
boiling salted water to which has been added
½ tsp. vinegar Remove from fire and plunge into cold water. Remove membranes and cut into small pieces. Add to
1 pt. rich white sauce (preferably half cream, half milk). Add
1 can (½ pt.) mushrooms cut in small pieces. Cook 10 min. Serve in patty shells.

MISS M. E. HALL.

CHICKEN PATES.—cost $1.30. Serves 12.

Cook 20 min. 350 F.

3 TBS. flour blended in double boiler with
3 TBS. butter or margarine. Add
1 pt. chicken stock and stir until smooth. Add the following:
3 TBS. chicken liver minced
3 TBS. ham chopped and boiled
3 eggs hard cooked
1 tsp. onion minced
1 TBS. parsley chopped or
1 TBS. celery chopped
2 tsps. Worcestershire sauce
salt and
paprika Simmer for 10 minutes. Line small pâté pans with
pastry fill with
rice adjust a top of pastry on each and bake in a hot oven until a delicate brown. Remove the tops, empty out the rice and carefully place the pastry shells back in the pans. In the bottom of each shell, place half of a slice of
bacon very finely shredded. On this place a portion of the
2 cups cooked chicken meat cut in small pieces, next one of
12 oysters and then some sauce. Replace the pastry cover and bake.

MRS. S. H. STONE.

FRENCH CANADIAN PATE.—cost $0.66. Cook 1 hr.

3 lbs. shoulder or leg of fresh pork (lean) ground in meat chopper. Add
1 chopped onion and
2 cups water Boil 1 hr. stirring frequently. Add
1 tsp. cinnamon
1 tsp. cloves and
salt and pepper to taste. Put in moulds or between crusts.

MRS. L. B. RAMSAY.

FRENCH CROUTONS.—cost

Cook 1½ hrs.

3 lbs. pork meat
1½ lbs. pork suet
1 pair kidneys
1 large onion all put through meat-chopper. Add
1 pt. water Cook 1½ hrs. over slow fire. Stir constantly till suet is melted. Add
1 tsp. cloves
1 tsp. cinnamon
salt and pepper to taste. Pack in moulds and keep in a cold place. Serve cold. Good for sandwiches.

MRS. L. B. RAMSAY.

CHICKEN CASSEROLE.—cost $1.55. Serves

Bake at 300 F. 3 hrs.

1 fowl cut up and fried (without flour) for 20 min. Place in casserole (or leave in frying pan) with grease. Add
2 green peppers cut. Add
1 can tomatoes Season with salt and pepper. Cover and bake in slow oven (or cover and simmer till tender).

MISS M. HALL.

CHICKEN A LA BONNE FEMME.—cost $1.60. Serves

1 fowl cut and boiled till tender with a bunch of herbs
1 cup carrots cut in rings
1 cup onions cut in rings. Fry 5 min. in
1/3 cup bacon grease
salt and pepper to taste. Add
2 TBS. flour stirring constantly till thick. Add fowl cut in pieces. Add
3 cups chicken stock. Boil up once. Add
1 cup tomatoes cut in pieces. Cover and simmer 20 min. Add
1 cup small mushrooms and
1 TBS. chopped parsley Boil 10 min.

MRS. M. H. MCCRADY.

HUNGARIAN GOULASH.—cost Serves

2 spanish onions cut fine. Cook slowly in a pot with
4 TBS. butter till onions are brown and soft. Add
chicken (veal, lamb or lean pork) cut in pieces (not minced). Cook slowly about ½ hr. Add
2 TBS. flour blending well. Add
boiling water to cover
salt and pepper
paprika Cook slowly 1 hr. (till meat is tender). May be served with dumplings, noodles, or boiled rice.

MRS. E. A. IRWIN.

CHICKEN RISOTTO (Using left-over chicken).—cost $0.50. Serves

1 TBS. onion finely cut. Add
1 cup dry rice Stir over a slow fire till rice cracks. Add
1 cup cold cooked chicken
½ cup mushrooms and
soup stock or water to cover Cook slowly ½ hr. (till rice is tender). More hot stock or water may be added, but when rice is tender, the water should be evaporated.

MRS. E. A. IRWIN.

CHOP SUEY.—cost $1.70. Serves

3½ lbs. lean chicken (pork, veal or beef) sliced thin (1/8″). Fry slowly in
2 TBS. butter till nearly tender. Add
4 cups celery diced, and
2 cups onions diced. Cook till celery is tender. Add
salt
3 cups bean "sprouts." Cover and cook slowly 5 min. Stir in
2 TBS. Chinese Sauce mixed smooth with
3 TBS. cornstarch. Let cook 1 min. Serve with boiled rice.

MRS. W. G. KRAUSER.

Note: The Chinese Sauce and Sprouts can be purchased at some grocery stores.

Chafing Dish Recipes

CHICKEN A LA KING.—cost $0.90

2½ **TBS. chicken fat** melted. Add
1½ **TBS. corn starch** Stir till well blended. Add
¾ **tsp. salt**
¼ **tsp. pepper** Stir constantly while adding
¾ **cup chicken stock** and
½ **cup milk** Bring to the boiling point and add
1 **cup cold boiled fowl** (preferably white meat) cut in strips
½ **cup sliced mushroom caps** sautéd
¼ **cup pimento strips.** Add a small amount of hot mixture to
1 **egg** well beaten, then mix all together. Add
3 **TBS. butter** bit by bit.

MRS. D. R. KENNEDY.

WELSH RAREBIT—cost $0.52.

1 **tsp. mustard**
¼-½ **tsp. salt**
red pepper Mix to a paste with a little cream. Add slowly
½ **cup cream** and
2 **eggs** well beaten. Pour slowly, stirring constantly, into the following mixture stirred till smooth, and thoroughly melted :
1 **TBS. butter** melted over hot water. Add
¾ **lb. soft cheese** grated or shaved thinly. Stir till smooth. Serve at once.

MRS. J. F. GALLAGHER.

TOMATO RAREBIT—cost $0.58

1 **lb. mild, Canadian cheese** melted over hot water. Add
1 **can tomato soup** Add
¾ **tsp. mustard** rubbed smooth with a little water. Add to
1 **egg** beaten. Stir till smooth. Serve at once.

MRS. J. O. MEADOWS.

BREAD CRUMB RAREBIT—cost $0.20

1 **cup dry bread crumbs** soaked 10 min. in
1 **cup milk** Add to the following mixture:
1 **TBS. butter** melted. Add
½ **cup soft, mild, Canadian cheese** Cook over hot water till melted. Add a little of the cheese or mixture to
1 **egg** beaten slightly with
¼-½ **tsp. salt** and
red pepper Mix all ingredients together in chafing dish, Cook 3 min. Serve on toast points or toasted soda biscuits.

MISS M. E. HALL.

SHRIMP WIGGLE—cost $1.00

1 **pt. cream (or thin white sauce, or half-and-half)** Heat. Add
2 **small cans shrimps**
1 **can small, French peas**
1-2 **cups boiled rice**
salt and
pepper

MRS. J. O. MEADOWS.

Hors-d'oeuvres

SARDINES AND CHEESE.

soda biscuits heated till crisp. On each place
3-4 small sardines Sprinkle with
grated cheese

MRS. J. O. MEADOWS.

TOMATO-EGG CANAPES.

bread cut in thin slices, then in rounds with a large cookie cutter, toast on one side. Spread untoasted side with
butter creamed and seasoned with
anchovy if desired. Cover each round with thin slices of
tomato spread with
mayonnaise Sprinkle with
hard cooked egg white chopped and
hard cooked egg yolk forced through potato ricer. Garnish with a ring cut from **green pepper.** In the centre place an
olive and sprig of
parsley.

CHEESE CANAPES

bread cut in thin slices. Remove crusts. Toast on one side. Spread with
grated cheese (Parmesan) mixed with
2/3 the amount of cream
salt and pepper. Bake 5-6 min. in a hot oven.

SUGGESTIONS (Luncheon)

For creamed or escalloped vegetables, use equal quantities of white sauce and vegetables. For croquettes use half as much white sauce as vegetables or meat.

If white sauce or gravies are beaten with an egg beater there will be no lumps.

A properly made sauce or gravy will have no lumps, but if they occur there is no excuse for not straining them out.

Croquettes should be made as soft as will hold their shape.

Croquettes are better if allowed to stand ½ hr. or so, before frying.

To keep eggs from spreading while poaching, add a little lemon juice to the water; or add a spoonful of salt just as the egg is dropped into the water; or drop in screw-top metal preserve jar ring.

To test eggs: Fill a basin with water and put eggs in one by one. A fresh egg sinks to the bottom and lies flat; if it rises slightly it is not absolutely fresh; if it floats, it is bad.

Meat, Poultry, Game and Fish

TEMPERATURE AND TIME TABLES FOR COOKING MEAT, POULTRY, GAME AND FISH

BOILING

(Have water boiling and boil slowly)

MEAT	BOIL PER LB.
Beef	40-60 min.
" **(Corned)**	30 "
Chicken	20 "
Fish (thick)	15 "
Fish (thin)	8 "
Fowl	30 "
Ham	20 "
Mutton	20 "

BROILING

(Pre-heat broiling oven 6-8 min.)

MEAT	BROIL PER LB.
Beef Steak (1" thick)	6-10 min.
" " (2" thick)	10-20 "
Fish (thick)	15-20 "
Fish (thin)	10-15 "
Lamb or Mutton Chops	6-10 "
Spring Chicken	20 "
Squab	12-15 "
Venison (1" thick)	5-7 "

ROASTING

MEAT	SEAR (Uncovered)			ROAST (Covered till last 15 min.)				
Beef (Tender Cuts)								
Beef (Rare)	20 min.	at	550 F.	" 10-12	min.	per lb.	at	400 F.
Beef (Well-done)	20 "	"	550 F.	" 15-20	"	" " "	"	400 F.
Chicken	20 "	"	500 F.	" 20	"	" " "	"	375 F.
Duck	20 "	"	500 F.	" 25-30	"	" "		375 F.
Fish	30 "	"	450 F.	" 10-15	"	" " "	"	300 F.
Goose	20 "	"	375 F.	" 25-30	"	" " "	"	375 F.
Lamb	15 "	"	450 F.	" 20-25	"	" " "	"	300 F.
Mutton	20 "	"	500 F.	" 15-20	"	" " "	"	400 F.
Partridge	5 "	"	500 F.	" 15-25	"	in all	"	400 F.
Pork or Fresh Ham	20 "	"	450 F.	" 30	"	per lb.	"	300 F.
Squab	5 "	"	500 F.	" 25-30	"	in all	"	400 F.
Turkey	20 "	"	500 F.	" 20	"	per lb.	"	300 F.
Venison	20 "	"	550 F.	" 10	"	" " "	"	400 F.

Roasts should rest on trivet. Season roasts with salt and pepper and dredge with flour. Add drippings as necessary for basting. Before making gravy, pour off (and save) superfluous top fat, leaving a few TBS. Add flour and cold water and cook till smooth, thinning with hot water. Some claim that cooking small tender roasts uncovered, improves the flavour. Roasts may be seared in broiler instead of oven : pre-heat broiler 10 min. and turn roast frequently to expose all surfaces, for 15 min.

Braizing:—Braize tough cuts of Beef (Chuck, Round, Rump). Sear 30 min. at 450 F. Add water (about 1 cup). Cook, covered, 30 min. per lb.

NOTE:—Some cooks braize tender cuts of meat also, allowing the same time and a little higher temperatures than for true roasting (without water).

Meats, Batter Accompaniments and Stuffings

BEEF STEW—cost $0.95.

3 lbs. beef (rump or round) Remove fat, cut in inch cubes. Dredge with
3 tsp. salt
1/8 tsp. pepper
¼ cup flour Brown meat in melted fat in frying pan, stirring well. Add
1 large onion sliced. Brown slightly. Add
2 qts. boiling water. Simmer 1 hr. Add
¼ cup diced turnips
1 cup diced carrots
½ cup diced celery Simmer 1-2 hrs. longer (till meat is tender). Half-an-hour before serving add
3-4 potatoes cut in ½ in. slices. Thicken gravy if desired. Serve with dumplings, or baking powder biscuits.

BEEF A LA MODE

Use same quantities as for **Beef Stew,** but leave meat in one piece inserting strips of fat bacon in meat (make incisions for bacon with a skewer). Surround with vegetables, spices and water and cook in oven very slowly 4 hrs. If bacon is omitted meat is called **Pot Roast.**

SWISS STEAK—cost $0.80.

Cook 2-3 hrs. at 350 F.

3 lbs. round steak Place on meat board. Dredge gradually with
½ cup flour mixed with
1 tsp. salt and
1/8 tsp. pepper Pound the flour into the meat gradually with a heavy saucer or wooden potato masher, first on one side, then on the other.
3 TBS. fat melted in frying pan. Add
1 onion sliced. Brown slightly. Add meat and brown on each side. Add
2-3 cups boiling water Cover closely and simmer 2-3 hrs. or bake at 350 F.

MRS. D. H. ROSS.

STEWED STEAK.—cost $0.50. Serves

Simmer 2 hrs.

2 lbs. round steak cut in small pieces. Dredge with
flour
salt and pepper Put small pieces of drippings in saucepan. Add floured meat. Brown. Add
boiling water to cover Simmer till tender. Thicken gravy if necessary with flour and water.

MRS. H. COLBOURNE.

SCALLOPED STEAK AND TOMATOES.—cost $0.75. Serves 6-8.

Bake 2 hrs. at 350 F.

2 lbs. round steak dredged with
flour Brown as above, in baking dish. Add
2 large onions sliced and
1 tin tomatoes
salt and pepper. Bake in a moderate oven till meat is tender.

MRS. M. H. MCCRADY.

LIVER STEW.—cost $0.50. Serves

1½ lbs. calves' liver
carrots
onions
celery
salt and pepper Cover with
2 cups hot water Stew till tender. Thicken with
1 TBS. butter mixed with
1 TBS. flour.

MRS. G. D. C. DOBBIN.

STEAMED MEAT PUDDING.—cost $0.70. Makes

Steam 3½-4 hrs.

2 cups flour
5-6 oz. suet (1¼-1½ cups) finely chopped
1 tsp. salt mixed together. Add
water to make stiff paste. Roll thin and line a well greased basin, leaving all in one piece over sides. In this cut in small pieces
1 onion
3 lbs. stewing beef
potatoes Add
salt and pepper. Add
water to almost cover. Fold pastry over top. Steam.

MRS. P. ANDERSON.

BOILED MEAT PUDDING.

Make as Steamed Meat Pudding, using less water. Place in a cloth (see directions under Desserts for Boiled Plum Pudding). Boil 4-5 hrs.

PORK PIES—cost $1.40. Makes 3 pies.

Bake ¼ hr. at 450 F. then bake 1¼ hrs. at 350 F.

Paste:
1 cup water
½ cup butter
½ cup lard
½ tsp. salt Boil together and pour on to
6 cups flour. Stir quickly with a knife. Knead well and let stand ½ hr. a short distance from the fire. Make into shells and fill with about
4 lbs. pork, or other lean meat seasoned with
2 tsps. salt and
1 tsp. pepper Cover with rounds of pastry, using the white of an egg for fixing on tops. Decorate tops as desired, flute edges and glaze with yolk of egg. Bake in a moderate oven.

MRS. A. L. WICKES.

BAKED STEAK AND KIDNEY PIE—cost $0.32. Serves

Simmer 1 hr. Bake 40 min.

1 beef kidney soaked over night
2 large onions sliced and fried till brown. Add
½ lb. steak (round) cut in small pieces. Sear well. Add
1 small carrot cut in pieces
a little parsley chopped
salt and pepper and the kidney. Cover with hot water. Simmer till tender. Thicken gravy with
flour Place in a pie dish lined with
pastry. Cover with a crust and bake.

MRS. S. H. STONE.

STEAMED STEAK AND KIDNEY PUDDING—cost $0.34. Serves

Steam 3½ hrs.

¼ lb. suet chopped. Mix with
2 cups flour and
¼ tsp. salt Mix with
water to paste. Line a bowl with half the paste. Fill with
1 lb. steak cut in pieces and rubbed in
flour add
salt and pepper
½ ox kidney and
1 cup boiling water. Cover with remaining paste. Spread buttered paper over top and tie a cloth over it. Steam.

MRS. AUSTIN.

"BOILED" HAM—cost $3.00. Serves 16-20.

Boil 4-5 hrs. Bake ½-1 hr. at 350 F.

8-10 lb. whole ham Soak over night in cold water. In the morning cover with fresh water to which has been added
1 TBS. whole cloves and
1½ TBS. mustard made into a paste with cold water. Let come to a boil slowly. Boil 4-5 hrs. After 4 hrs. try with a fork. When tender remove from stove and cool in liquor ¾ hr. Take out and skin. Place in baking pan. Rub surface with
brown sugar At intervals in the fat surface insert
whole cloves. Shake over the surface
2-3 TBS. breadcrumbs Pour in pan
2 cups liquor Bake till brown ½-1 hr. in moderate oven, basting frequently with liquor in pan. Cut from large end.

MRS. J. O. MEADOWS.

CORNISH PASTIES.

Bake 15 min. at 450 F. then bake 30-35 min. at 350 F.

ordinary pie-crust rolled to ¼" and cut in pieces 6"-9" long. Along the centre of each piece, place as much
meat (preferably beef) as it will hold. Some add
potatoes, sliced Add
pepper and salt to taste and
a little flour Turn pastry up around towards the top and join together. Crimp over in cable pattern, finger over thumb, as only Cornish wives can. Place in a quick oven (or the pasties will go flat). Then reduce heat and bake 45-50 min.

MRS. G. O. EVERY.

PAN-BROILED STEAK.

In the absence of a broiler, steak may be "broiled" in a frying pan as follows: Remove as much fat as possible from steak. Place in very hot frying pan; cook ½ min.; turn; repeat till surface is as brown as desired. Wipe any fat in pan away with brown paper; reduce heat; keep turning as necessary to keep from sticking till done (5-10 min.)

SCRAPED BEEF

From a piece of steak, with a knife, scrape all the fibre from the connective tissue. Season. Spread on buttered toast.

COLD WEATHER SPICED BEEF—cost $2.75.

To prepare, 18 days (Jan. or Feb.). Steam 3 hrs.

9-10 lbs. rump roast Have the butcher remove the bone and fill the hole with suet. Into the meat rub

1 oz. saltpetre
1 oz. allspice
1 oz. cinnamon
½ oz. cloves
½ grated nutmeg
4 oz. brown sugar
1 lb. coarse salt Place meat in a large crock in a cold place (not freezing). Rub with spices, etc., and turn every day for 18 days. Then steam. Slice very thin. After using, moisten napkin and cover. Will keep for a month or more. Double this recipe may be made advantageously.

MRS. A. M. SMITH.

Batter Accompaniments

YORKSHIRE PUDDING—cost $0.18.

½ cup flour
¼ tsp. salt Sift into a basin. Make a hole in centre of flour and break in
2 eggs Stir, gradually mixing in the flour, using part of
1 pt. milk till a thick, creamy batter is formed. Beat well 5 min., then add rest of milk. Let stand 1 hr. When ready to use, cover a pudding tin with dripping. Place in the oven till hot. Beat mixture again, and taking it as near to oven as possible, pour into tin and place in oven as quickly as possible. Bake in a moderate oven. Serve with roast beef and gravy.

Note: It adds to dish if the meat for the last 30 min. is placed on a three-legged meat-stand, the stand being placed in the batter; the gravy then eats into the pudding.

MRS. H. COLBOURNE.

DUMPLINGS—cost $0.08 Makes

Steam 12 min.

2 cups flour sifted with
4 tsps. baking powder and
½ tsp. salt Work in
2 tsp. butter Add
7/8 cup milk mixing quickly with a silver knife. Drop by TBS. in a buttered steamer, covered closely. Or remove some of the gravy from stew and rest dumplings on meat and potato. Serve at once.

Stuffings

DRY POULTRY STUFFING (Plain, Oyster or Chestnut)—

costs $0.25 (plain)

¾ **loaf bread** 1-2 days old. Cut off all crusts and rub through hands till fine bread crumbs. Add
1 tsp. salt
1/8 tsp. pepper
1½ tsp. sage dried (not in tins)
1½ tsp. savory dried (not in tins). Mix well together. Add
¼ lb. butter Rub well through dry mixture. If desired add
½ pt. oysters drained and wiped; or add
½ pt. chestnuts boiled 5 min. and cut in quarters.

MRS. WM. HALL.

SAUSAGE STUFFING FOR TURKEY—cost $0.70

2 lbs. sausage meat
1 cup bread crumbs
1 lemon (grated rind)
celery leaves, chopped
1½ tsps. summer savory
mace
parsley ($0.05) chopped
1 egg beaten
salt and pepper

MRS. S. H. STONE.

ONION STUFFING FOR GOOSE—cost $0.15.

6 boiled onions
3 cups grated bread crumbs
2 TBS. sage
salt and pepper

MRS. S. H. STONE.

POTATO STUFFING FOR DUCK—cost $0.15.

1 cup mashed potatoes
1 cup stewed onions
1 TBS. sage
1 TBS. bacon drippings
salt and pepper Mix all together with
milk

MRS. E. S. LAWSON.

BACON STUFFING FOR GAME—cost $0.30.

2 cups bread crumbs
1 onion chopped
4 slices bacon, fried
½ lemon, grated rind
½ orange, grated rind
3 apples, diced
thyme and marjoram
1 TBS. bacon drippings
1 egg, beaten
salt and pepper

Add a little warm water and mix together lightly with a fork. Stuff the night before roasting.

MRS. M. H. MCCRADY.

BEEF STUFFING FOR VEAL OR FISH—cost $0.35.

½ lb. beef, chopped
2 cups bread crumbs
1 lemon, grated rind
½ lemon, juice
parsley ($0.05) chopped
1 TBS. thyme and marjoram
¼ nutmeg, grated
salt and pepper
2 eggs, beaten

MRS. E. S. LAWSON.

To Render Fat for Cooking

All beef and pork fat should be saved and "tried out." Chop fine and fry; or cook slowly in the oven till the "cracklings" are crisp and brown; or, heat chopped fat over hot water. Strain into dripping pail.

If fat has a strong flavour, soak in salted water before rendering and add a pinch of soda while trying out. Beef and pork drippings should each have a separate receptacle.

The cracklings left after straining the rendered fat may be used as shortening for hot breads, gingerbread, etc., if they are very finely chopped, and raisins, nuts, chopped apple, etc., are added, so that the particles of tissue are not noticed. ½ cup cracklings is about equal to 2 TBS. butter.

Fish

FRESH HALIBUT (Turkish Style)

In a baking pan melt
3 tsps. butter. In hot butter place
slices of fresh halibut. Add
3 tomatoes, peeled and quartered and
1 green pepper cut in ribbons
season. Cook on top of stove, turning fish once.

MRS. R. N. WATT.

HADDOCK à la MAITRE d'HOTEL

Bake ¼ hr. at 350 F.

Fillets of haddock, washed and seasoned with
salt and pepper. Roll up neatly, lay on buttered tin. On each roll squeeze
a few drops of lemon juice. Cover with a buttered paper, bake in a moderately hot oven about 15 min. Serve with parsley sauce poured over.

MRS. A. L. WICKES.

BAKED FILLET OF HADDOCK—cost Serves

Bake 15 min. at 450 F.

¼ **cup Mazola oil** poured in roasting pan. In this place
2 fillets of haddock. Sprinkle with
salt and pepper. Spread thickly with
1 cup bread crumbs. Pour over
¼ **cup Mazola oil.** Bake in a very hot oven.

MRS. W. G. KRAUSER.

TO COOK SALMON (Scotch way)

Handle fish as little as possible to prevent scales being rubbed off. Put into a fish-kettle enough water to cover the fish, with one teaspoonful of salt to each gallon of water. When boiling, put fish in, and let it boil for five minutes. Then reduce the temperature by adding 2 cupfuls of cold water. Bring to the boil again, and keep just simmering till fish is cooked. Take kettle from stove, and allow fish to remain in water for 10 minutes longer. This improves the flavour, and makes the fish firmer.

MRS. J. B. YOUNG.

SALMON LOAF—cost $0.35.—Serves

Bake 45 min. at 400 F., or steam 1 hr.

1 cup cooked or canned salmon, flaked
1 cup bread crumbs soaked in
1 cup scalded milk. Add
2 egg yolks beaten
1 tsp. salt
1/8 tsp. pepper
1 tsp. lemon juice
1 TBS. chopped parsley. Fold in
2 egg whites stiffly beaten. Bake in moderate oven 45 min. in tin lined with greased paper. Serve with egg sauce. (See **Sauces**). Good hot or cold.

MRS. G. D. C. DOBBIN.

KEDGEREE (Using left over Fish)—cost $0.25.

½ cup rice washed and boiled. Add
½ lb. fish boiled, boned and broken. Add
¼ cup butter
salt, pepper
nutmeg and
cayenne Stir well. Add
2 eggs well beaten. Stir over low fire till hot.

MISS W. HOAD.

FISH CUSTARD

Bake ½ hr. at 375 F.

2 lbs. filleted haddock sprinkled with
salt and pepper Roll in
bread crumbs Lay in a buttered baking dish and dot with
butter Pour over fish
1 cup warm (not boiling) milk mixed well with
1 egg beaten. Bake in a hot oven.

MRS. J. B. YOUNG.

TWICE LAID—cost $0.70. Makes 3 pts.

Bake at 500 F.

2 lbs potatoes steamed and mashed. Add
1 egg
butter
parsley and
cayenne Mix well
6 hard boiled eggs chopped and mixed with
¼ lb. melted butter and
a little mustard pickle Mix this sauce with
1 lb. salt fish boiled and pounded. Pack in baking dish; a layer of fish alternating with a layer of potatoes, having potatoes on top. Dot with
butter Bake till brown.

MISS WINNIE HOAD.

SCALLOPED COD FISH—cost Serves

450 F.

salt cod fish simmered till sufficient salt is removed. Arrange in alternate layers of
tomatoes or canned ochre and
salt pork previously fried. Have strips of the pork on top. Bake till thoroughly heated.

MRS. WALTER STUART.

BAKED COD FISH—cost $0.25. plus sauce. Serves.

Bake 25 min. at 450 F.

1 pkg. shredded cod fish Cover with
boiling water Let stand till cool. Drain and press dry with a fork or in a press. Add to
1 qt. mashed potatoes Mix well. Add
1 cup white sauce
1 tsp. grated onion
1/8 tsp. paprika Beat all together till light. Put in a buttered baking dish. Rough the top with a fork. Bake 25 min. Serve with egg sauce.

MRS. E. A. GILLSON.

CODFISH BALLS—cosr $0.20. Makes

Fry at 390 F.

1 cup codfish washed in cold water and shredded. Add
2 cups potatoes cut in pieces. Boil together till potatoes are soft. Mash well. Add
½ TBS. butter
1/8 tsp. pepper
1 egg beaten. Drop by spoonfuls in deep fat. (See Deep Fat Frying). Drain on brown paper. If balls break apart, add a little more egg.

MRS. H. F. SARE.

DEVILLED CRAB—cost $0.45

Bake 15 min. at 475 F.

2 TBS. butter melted. Mix well with
2 TBS. flour Add slowly
1 cup milk Stir till it boils. Add
2 TBS. chopped parsley
1 TBS. lemon juice
1 TBS. Worcester sauce
¼ tsp. salt
1/8 tsp. paprika or red pepper Add
1 cup crab meat and
1 egg yolk beaten. Cook 5 min. Put in buttered baking dish. Cover with buttered bread crumbs. Bake in hot oven.

MISS M. E. HALL.

LOBSTER PILLAM—cost $0.36. Serves

1 half lb. tin lobster Turn out of tin. Let stand.
1 cup rice washed. Put in saucepan with
2 TBS butter Stir till grains are yellow. Add
salt and pepper and
liquid drained from lobster Add
1 cup boiling water Cover and cook slowly till rice is soft. Add cut lobster and
1 TBS. lemon juice
1 TBS. melted butter Stir carefully. Place on side of stove. Keep hot.

MRS. E. A. GILLSON.

SCALLOPED OYSTERS—cost $0.65. Serves

Bake 15 min. at 500 F.

2 TBS. butter melted. Mix well with
3 TBS. flour Add gradually
1¼ cup oyster liquor and milk. Cook 5 min. Add
1 TBS. chopped parsley
1 TBS. chopped celery Add
salt and pepper
½ lemon (juice)
1 pt. oysters and
2 yolks slightly beaten. Stir and cook 1 min. Place in buttered baking dish in 2 layers, alternating oyster mixture with buttered bread crumbs having bread crumbs on top. Bake 20 min. in hot oven.

MRS. LEWIS ROHR.

FRIED OYSTERS

Wash, drain and dry oysters between towels. Sprinkle with salt and pepper. Let stand 20 min. Roll well in seasoned bread or soda biscuit crumbs. Dip in beaten egg to which has been added 1 TBS. milk to each egg. Roll in crumbs again. Fry 1 min. in deep fat at 390 F. (See **Deep Fat Frying.**) Drain. Place on brown paper.

Good Accompaniments for Meat, Game, Fish and Poultry

	Sauce	Vegetables	Other Accompaniments
Roast Beef	Horseradish Mushroom Mustard Tomato Thick Gravy	Roast Potatoes Sweet Potatoes Macaroni Baked Bananas Spinach, Tomatoes, etc.	Yorkshire Pudding Cornmeal or Rice Croquettes Cucumber Salad
Beef Steak	Mushroom Hollandaise Thin Gravy	French Fried Potatoes Fried Onions Tomatoes, etc. Breaded Fried Cucumbers	Tomato and Onion Salad Mustard Pickles
Fish	Egg Drawn Butter Hollandaise Tartar Parsley Tomato	Fried or Boiled Potatoes with Parsley or Cheese Cucumbers Greens, Asparagus Watercress Tomatoes, etc.	Cole Slaw Salads
Game	Mushroom Thick Gravy Bacon	Potatoes Greens, etc.	Black Currant Jelly Salads Frozen Punches
Goose	Apple Thick Gravy Onion	Potatoes Greens, etc.	Onion or Potato Stuffing
Ham	Hollandaise Horseradish Mustard	White or Sweet Potatoes Beets, Cauliflower, Cabbage, Greens, etc.	Spiced Fruit Pineapple Pickles
Lamb	Mint Mushroom Tomato Thick Gravy	New Potatoes, with Cream Gravy, or with Chopped Parsley Sweet Potatoes Peas Celery, Cucumbers, Asparagus, etc.	Red Currant Jelly Mint Jelly
Cold Meats		Scalloped Potatoes French Fried Potatoes Lyonnaise, Potatoes, Peas, Beets, Celery, etc.	Pickles Spiced Fruits Salads
Pork	Apple	Scalloped Potatoes Mashed Potatoes Candied Sweet Potatoes Corn, etc.	Cole Slaw Pink Apples Spoon Bread
Poultry	Bread Bechamel Cranberry Chestnut Giblet Onion Tomato	Mashed Potatoes Candied Sweet Potatoes Beans, Celery, Onions, Cucumbers, Squash, etc. Corn Fritters Rice Croquettes	Pickled Peaches Red Currant Jelly Chestnut Stuffing Sausage Stuffing Oyster Stuffing

Good Accompaniments for Meat, Game, Fish and Poultry—*Continued*

Veal	Hollandaise Horseradish Mushroom Onion Tomato Thick Gravy	White or Sweet Potatoes Beets, Peas, Onions, Green Peppers, Spinach, Tomatoes, etc.	Spiced Fruit Jelly
Venison	Bacon Jelly Mushroom	Baked Potatoes Fried Potatoes String Beans, etc.	Black Currant Jelly Pickles

SUGGESTIONS FOR MEATS

The juices of meat are retained by subjecting its surface to great heat. When the surface has been hardened so that juices cannot escape, the heat is reduced. Roasts should be seared in a very hot oven or in the broiler; meat for stews should be fried before adding boiling water.

Lamb, veal and pork should be seared in a less hot oven than beef, mutton and poultry, that the heat may better penetrate and cook the whole more thoroughly.

There are four ways of making tough meat tender : Long cooking in the presence of moisture, grinding, pounding with flour, soaking in vinegar.

Tender cuts of beef should be cooked only enough to make them appetizing; tough cuts must have the connective tissue changed into gelatine, which is best done by long, low heat, in the presence of moisture.

The nutritive value of tough meat is higher than that of tender meat. The protein of meat is nearly all in the fibres; it is not drawn out in water in making soup. "Soup Meat," therefore, should be re-flavoured with Oxo or other meat extract and used in croquettes, pies, hash, etc.

Never allow meat which has been put through the grinder to stand long before cooking, since it is a good medium for food poisoning bacteria.

Hash and other meat, if to be kept, should not be packed but left loose in the dish.

Turn uncooked pieces of meat often to retard spoilage.

To flour chicken for frying, put half a cup or so of seasoned flour in a paper bag and shake thoroughly.

A tsp. of lemon juice added to the water in which lamb or veal stew is cooked will make the meat more tender and add to the flavour.

Before cooking mutton, remove the thin skin next to the meat.

When turning roasts use a spoon, since a fork may pierce the skin, allowing the juices to escape.

Use the waters in which vegetables have boiled for thinning gravies.

SUGGESTIONS FOR FISH

Wash fish in a little vinegar and water before cooking to make firm.

Add a little lemon juice or vinegar to the water in which fish is boiled to whiten as well as to make more firm.

To avoid breaking broiled fish when turning, place in an old fashioned greased wire toaster.

To remove the odor of fish from cooking utensils, pour in them a little vinegar, heat to boiling point and wash immediately.

White-fleshed fish are more easily digested than red-fleshed fish.

If fish is fresh it will have bright eyes, shiny scales, firm flesh, red gills, and will be free from disagreeable odors.

Preserving

CANNING

Only fruits and tomatoes are uniformly successfully canned in the average home with ordinary equipment. Non-acid vegetables spoil so easily that the high temperature of a steam-pressure canner is usually necessary to ensure success. Preparation of jars and rings and utensils : Pour a cup of water in each jar; place rubber in position; seal jar; invert; if there is any leakage, try another rubber ring; discard jar if leakage still occurs. Wash jars thoroughly in soapy soda water. To sterilize : Remove rings, place jars and tops in cold water on trivet; bring slowly to the boiling point and boil 15 min. Leave in water till ready to fill. Use a fresh supply of rubber rings each year; scald rings by placing in boiling water and letting stand away from flame 10 min. Scald all utensils to be used, such as cups, spoons, etc.

Selection of Fruits and Vegetables: Use only fresh, firm and not over-ripe fruits and vegetables. Have them uniform in size and not too large.

To Blanche: Place in a large cheese cloth bag or colander. Dip in boiling water to cover, just long enough to loosen skins. (See Tables). Count time, beginning when water resumes boiling.

To Cold Dip: After blanching, plunge immediately into cold water for about ½ min. (See tables).

Syrups for Canning Fruits:

Use 1/3-1/2 sugar by weight for sweet and medium fruits.

Use 3/4 sugar by weight for very acid fruits.

Thin	**Syrup :**	1	part	sugar	to	2	parts	water	(1:2)
Medium	"	1	"	"	"	1	"	"	(1:1)
Thick	"	2	"	"	"	1	"	"	(2:1)

OPEN KETTLE METHOD

Prepare. (See Table).

Blanche and cold dip tomatoes and peaches, to remove skins, if desired.

Make syrup for fruits. Boil a small quantity at a time in syrup if it is desired to keep shape of fruit. Boil slowly till tender (try with a wooden tooth-pick). Boil tomatoes in own juices and season. (See table). Remove skum. Place sterilized, hot jars in pan of hot water; place rubbers in position. Fill to overflowing with the boiling fruit or tomatoes. Run a silver knife to bottom of jar next to glass to remove air; add more syrup, juices or water to completely fill. Seal. Invert jars. Wipe.

TABLE FOR OPEN KETTLE CANNING

	PREPARATION	SYRUP	BOIL SLOWLY (till tender)
Apples	Wash, peel, quarter, core	Thin (1:2)	10 min.
Blackberries or Currants	Wash carefully in colander. Stem	Medium (1:1)	6 "
Cherries	Wash, drain, remove stems and pits	" (1:1)	5 "
Huckleberries	Wash, drain, remove stems and pits	" or Thin (1:2)	5 "
Peaches (Freestone)	Blanche and cold dip	" " (1:2)	5-8 "
	Pare, halve, remove pits	" " (1:2)	20 "
Pears (Bartlet)	Pare, halve, remove cores	"	15 "
Pineapple	Pare, remove eyes and core, slice or cube	Thick (2:1)	10 "
Plums	Wash, stem, prick with fork	Medium (1:1)	6 "
Raspberries			
Tomatoes	Blanche, cold dip, skin, cut in pieces	1 tsp. salt, 1 tsp. sugar to 1 qt.	20-30 "
Strawberries	Wash, stem, drain	Medium (1:1) or Thick (2:1)	8 "

COLD PACK METHOD

Blanche and cold dip if directed. (See Table). Pack fruit or vegetables in sterilized jars. Fill jars to within ½ in. of top with syrup or juice. Add 1 tsp. salt and sugar to each quart tomatoes. Run silver knife to bottom of jar next to glass to remove air. Place rubbers in position. Adjust screw top loosely or spring top half way. Place jars on trivet or in preserve-rack in kettle or wash boiler partly filled with warm water (as hot as possible and not crack jars). Add enough hot water so that the tops of the jars are completely submerged. Bring quickly to boiling point and begin to count time when water boils vigorously. Keep water boiling hard. After proper time (see Table) remove jars from boiler. Do not place jars in draft. Seal tight. Invert. If there is any jar which leaks replace rubber with a new one and return to cooker for 5 min. (or 10 min. if jar is cold). Wash jars. Store in a dark, cool place.

ADVANTAGES AND DISADVANTAGES OF THE COLD PACK METHOD

Advantages :—Product is not crushed or cooked out of shape; by blanching more may be packed in a can; no danger of burning; work is easier; flavor and color is improved; the air enclosed as well as fruit is subject to the sterilization process.

Disadvantages:—The water in which jars are immersed can reach no higher than 212 F. and the centre of the jars do not reach as high a temperature as though canned by the open kettle method; this may not be high enough to sterilize the non-acid vegetables which have not the acidity which assists the sterilization of fruits and tomatoes.

OVEN METHOD

In stoves equipped with an oven regulator, canning may de done in the oven. Prepare as for Cold Pack Canning. Place filled jars in the oven 2 in. apart. Set alarm clock to ring when the proper time (see Table) will be reached. Remove jars from oven. Seal. Invert till cool. Store as above.

TABLE FOR COLD PACK AND OVEN METHODS

FRUIT OR VEGETABLES	PREPARATION	HOT DIP	COLD DIP	FILL JAR WITH HOT SYRUP	TIME	
					COLD PACK	OVEN
Apples	Wash, pare, core, cook in syrup till somewhat transparent, if hard. Fill with hot syrup.	1½ min	½ min.	Thin (1:2)	5 min. if pre-cooked 20 min. if not	250 F. for 50 min.
Berries— Currants, Blackberries, Huckleberries, Raspberries,	Stem, hull, wash			Medium (1:1)	20 min.	250 F. for 1 hr.
Strawberries				" or Thick (2:1)	20 min.	"
Cherries	Wash, stem, remove pits			Medium (1:1)	"	"
Peaches or Apricots	Blanche and cold dip, remove skins	1-2 min.	½ min.	Thin (1:2) or Medium (1:1)	"	275 F. for 1 hr.
Pears	Wash, pare, halve or quarter. If hard pre-cook 5-10 min.	1½ min.	½ min.	Thin (1:2)	"	"
Pineapple	Pare, remove eyes and core. Slice or dice			Thin (1:2)	30 min.	275 F. 1 hr.
Plums	Wash, stone if desired. If whole, prick			Medium (1:1)	20 min.	275 F. 1 hr.
Tomatoes	Wash, remove stems, blanche and cold dip, remove skins	1-3 min.	½ min.	1 tsp. salt and sugar to 1 qt.	25 min.	275 F. for ½ hr. then 250 for ½ hr.

JELLIES

Wash fruit. Remove imperfections, stems, etc. To large, hard fruits, such as apples, quinces, etc., add just enough water to cover; small juicy fruits, such as grapes, currants, etc., need no water. Mash a few at a time till juices run freely from all the fruit. Cook over a low fire till fruit is very soft and pulp looks faded. Strain through colander and pour juice into bags made of flannel or double cheesecloth, preferably cornicopia-shape. Allow juices to drip over night without pressing bags. This clear juice makes the first quality jelly. More juice may be extracted by squeezing bags till pulp is dry ; this will make a jelly which is cloudy but useful in cooking. A third quality is sometimes made by barely covering all the pulp with water. Cook thoroughly and strain.

To make certain that the juice has in it sufficient pectin to make a good jelly, and to estimate the amount of sugar required, the following Pectin Test is very satisfactory :—

Pectin Test.—When juice is cold mix 1 TBS. or less with exactly the same amount of Grain Alcohol. Stir or shake gently. (Let stand 2-3 minutes). If there is enough pectin in the juice to make good jelly, a jelly-like clot will form in one mass when the alcohol-juice mixture is poured from the glass. When this happens, add 1 cup sugar to 1 cup juice. If the clot is less firm, add ¾ cup sugar to each cup of juice. If mixture is thin and much separated ½ cup sugar to 1 cup juice will be sufficient. The less pectin in the juice, the less sugar required. Pectin may be supplemented by the addition of commercial pectin, or pectin may be made at home (see directions). The addition of pectin is usually necessary when the juices from a second boiling of the pulp are used for jelly-making.

After testing for pectin, bring the measured juice to the boiling point and boil 10-20 min. (the longer time for the large fruits). Add proper amount of heated sugar as indicated by pectin test. To heat sugar, place in large flat pans in a slow oven (325 F.) till hot (about 20 min.), stirring occasionally. Add sugar to boiling juice, stirring till dissolved. Let boil well till syrup reaches the proper temperature as indicated in table below, and meets the following Jelly Tests :

Jelly Test:—Dip a wooden spoon into boiling syrup. Cool contents. Pour into a cold saucer. If, as the juice leaves the spoon, two drops become one as they fall, and the juice flakes off the spoon and thickens as it strikes the saucer, holding its shape, the syrup is sufficiently cooked. Skim. Pour into hot sterilized glasses. Cool and cover with ¼ inch of melted paraffin. When this is cool, add another ¼ inch of paraffin. Cover glasses with tin tops or paper to keep out dust. Store in a cool, dark place.

TABLE FOR JELLY MAKING

PREPARATION	PECTIN TEST	PROPORTION OF SUGAR	TIME FOR BOILING AFTER ADDING SUGAR	JELLY TESTS		FRUIT
				PHYSICAL	TEMP.	
For large, hard fruits: Cut in quarters. Barely cover with cold water. Cook till soft. Drain in bags several hours.	Test cold juice for pectin.	1, ¾, or ½ c. sugar to 1 cup juice according to Pectin Test	15-45 min. till syrup meets Jelly Tests	A tsp. on cold plate holds its shape	222-224 F.	**Apple** **Crabapple**
					219-221 F.	**Quince**
					221- 222 F.	**Blackberry** **Raspberry**
For small, juicy fruits: Mash till juices flow freely. Cook slowly till skins are all broken and pulp is faded. Drain in bags several hours.	Measure Bring to boiling point boil 10-20 min.				218-220 F.	**Currant**
					220-222 F.	**Grape**

Peaches, cherries, strawberries and plums lack sufficient pectin to make jelly, but they and other fruits, when deficient in pectin, will produce a satisfactory jelly if commercial or home-made pectin is added to their juices.

HOME-MADE PECTIN

1 lb. sour under-ripe apples (skins and cores). Cut in small pieces. Add **1 lemon,** juice and its white inner skin put through meat-grinder. Cover with **2 qts. cold water.** Cover and let cook about ¾ hr., till apples are soft. Drain through jelly bag without squeezing bag. Boil juice 5 min. Seal in sterilized jars if not used immediately.

JELLIES USING HOME-MADE PECTIN

FRUIT	AMOUNT JUICE	AMOUNT PECTIN	AMOUNT SUGAR
Strawberry	**1 cup**	**1/3 cup**	**1¾ cups**
Plum	**1 "**	**1/2 "**	**1¼ "**
Peach	**1 "**	**1 "**	**1 "**
Cherry	**1 "**	**1/2 "**	**1¼ "**

KEEP RECORDS FROM YEAR TO YEAR OF ALL CANNING AND PRESERVING

DATE	FRUIT & PROCESS USED	AMOUNT (raw)	PRICE PAID	AM'T. SUGAR COST	AM'T. WATER	AM'T. MADE	TOTAL COST	SUGGESTIONS
(Examples:) Sept. 24th, 1924	**Cold Pack Canned Peaches**	1½ pecks.	$1.20 ($0.80 per peck)	9 cups $0.45	18 cups	10 qts.	$0.17 per qt.	Peaches fuzzy. Blanche not more than 2 min.
Jan. 1925	**Open Kettle Marmalade (Orange)**	6 lemons 4 oranges 3 grapefruit	$0.55	11 lbs. $1.21	2 x am't. fruit	8 qts	$0.22 per qt.	Marmalade too dark. Boil shorter time (2 hrs.)

PICKLES AND SAUCES

COLD MEAT SAUCE—cost $0.43.

Makes 1 qt.

1 can tomatoes
3 large onions, finely chopped
1 cup brown sugar Boil till thick. Add
1 tsp. salt
½ tsp. cinnamon, cloves, allspice, ginger and mustard
¼ tsp. cayenne pepper
½ cup vinegar. Boil all together 5 min.

MRS. H. BRITNELL.

CHILI SAUCE—costs $0.95.

Makes 10 qts.

1 pk. ripe tomatoes
6 red peppers
8 onions. Boil together well and strain through colander. Add
4 tsps. ginger, cloves and cinnamon
1½ pts. vinegar
2 lbs. brown sugar. Boil slowly 1 hr.

MRS. W. A. MCGUINNESS.

PEPPER HASH—costs $1.18.

Makes

12 green peppers chopped fine, removing seeds
12 red peppers chopped fine, removing seeds
12 large onions chopped fine. Mix and cover with **boiling water.** Let stand 5 min. Drain in jelly bag to remove all water. Boil together
3 pts. vinegar
2 cups sugar
4 TBS. salt. Add to drained peppers and onions. Cook about 5 min.

MRS. W. S. CAMPBELL.

RHUBARB AND ONION SAUCE—costs $0.84.

Makes 5 qts.

2 qts. rhubarb cut fine
2 qts. chopped onions
1 qt. vinegar
3 lbs. brown sugar
Boil till thick. Scorches easily.
2 TBS. salt
2 tsps. ginger, cinnamon, allspice
pinch cayenne pepper

MRS. J. E. CHURCH.

CUCUMBER RELISH—cost $0.47.

Makes

12 large green cucumbers peeled and seeds removed and chopped fine
4 green peppers chopped fine
4 onions chopped fine. Put all together in cheese-cloth to drain. Add
1 cup vinegar scalded and cooled
salt and pepper to taste

MRS. H. HARRISON.

HORSERADISH SAUCE

2 tsps. horseradish
1 tsp. flour
2 tsps. sugar
a little mustard Put all in a cup and fill with
milk Put in a saucepan and let come to a boil. Add
1 TBS. vinegar (or to taste)

MRS. G. SANDILANDS.

MINT SAUCE

½ cup finely chopped fresh mint leaves. Add
½ cup vinegar (dilute if strong) and
1 TBS. powdered sugar. Infuse in a warm place ½ hr.

JELLY MINT SAUCE

2 TBS. chopped mint
1 glass currant jelly. Beat well with a silver fork. Add
grated rind 1 orange

MRS. W. HALL.

MARMALADE MINT SAUCE

½ cup finely chopped fresh mint leaves Moisten with
boiling water Cover closely. When cold add
equal quantity of orange marmalade. MRS. E. A. GILLSON.

MINT FLAVOURING FOR SALADS, SAUCES, Etc.

Fill glass jar with mint leaves (bruised). Cover with cold vinegar, let stand 2 weeks. Strain, bottle and cork. Flavour fish sauces, salad dressings, etc.

MRS. E. A. GILLSON.

ENGLISH MINT CHUTNEY—cost $0.63.

Makes 3½ qts.

½ lb. ripe tomatoes chopped
1 lb. tart apples "
3 large, sweet peppers "
6 small onions "
½ cup mint leaves "
1½ cups seeded raisins Add
3 cups vinegar scalded, and to which has been added
2 cups sugar
2 tsps. dry mustard
2 tsps. salt. Mix well. Put in sterilized jars and seal.
Keeps well and never loses its fresh flavour.

MRS. E. A. GILLSON.

BUTTER BEAN PICKLES—cost $1.00. Makes 10 qts.

1 pk. beans cooked till tender in salted water. Drain. Add
2 lbs. brown sugar Add a paste made of
½ cup mustard
1 cup flour mixed with
½ pt. white vinegar and then with
2½ pts. vinegar and
2 TBS. celery seeds
2 TBS. tumeric. Boil 10 min. MRS. W. A. MCGUINNESS.

MUSTARD PICKLES—cost $1.05.

Makes 8 qts.

1 qt. green tomatoes chopped
1 qt. onions "
2 cauliflowers "
1 cabbage "
3 peppers chopped. After chopping, put together in a kettle and cover with water. Add
1 cup salt. Boil ½ hr. Drain. While draining, heat
2 qts. vinegar. When it boils add
1 cup flour
1 cup sugar
½ cup mustard mixed smooth and rather thin with water. Stir well constantly till mixture thickens. Add
½ oz. tumeric, powdered. Mix well. Pour over vegetables. Mix.

MRS. G. F. WADLEIGH.

MUSTARD PICKLES—cost $2.60. Makes 16 qts.

2 qts. cucumbers cut small
2 qts. small onions cut
2 qts. green tomatoes cut fine
2 qts. cauliflour cut fine
6 green peppers Soak all together over night in a weak brine and scald in the same in the morning. Drain and pour over them the following mixture, scalding hot:
1 gal. vinegar heated to boiling point and added to a paste made of water and
6 cups sugar
2 cups flour
½ lb. mustard
1 oz. tumeric

MRS. H. R. HARRIS.

BEET PICKLE—cost $0.47. Makes

1 qt. boiled beets chopped fine
1 pt. raw, red cabbage chopped fine
1 pt. celery chopped fine
2 cups sugar
1 TBS. salt
1 tsp. black pepper
¼ tsp. red pepper
1 cup horse radish Cover with
cold vinegar Keep in pint air-tight jars.

MRS. G. O. EVERY.

SPICED RHUBARB—cost $0.38

2 lbs. rhubarb cut in small pieces
2 lbs. brown sugar
½ tsp. cinnamon, cloves and allspice
½ tsp. salt
½ pt. vinegar. Cook till thick.

MRS. W. A. MCGUINNESS.

RIPE CUCUMBER RELISH—cost $1.24. Makes 17 pts.

2 qts. ripe cucumbers (green will do) Remove seeds
1 qt. onions
1 large cauliflour
6 large green peppers Put all through the mincer and cover, in separate dishes, with brine made of
2 cups salt
1 gal. water Let stand 12 hrs. then pour off. Make a fresh brine and simmer a few minutes. Drain. Boil
8 cups white sugar
½ gal. vinegar
2 oz. white mustard seed
2 oz. celery seed Add to this a thin paste made of
¾ cup flour
¼ cup mustard
vinegar to moisten Boil a few minutes (till it bubbles).

MRS. G. CHATHAM.

DILL PICKLES

1 qt. vinegar
1 cup salt
1 cup mustard mixed to a thin paste with vinegar Add
raw cucumbers or other vegetables. Let stand several weeks; the longer the better.

"A.C."

SWEET TOMATO PICKLE—cost $1.35.

1 pk. green tomatoes
6 large onions
4 green peppers Slice all thin, throw over them
1 cup salt Let stand over night. Drain well. Mix through them
2 TBS. black pepper
2 TBS. cinnamon
2 TBS. allspice
2 TBS. cloves
2 TBS. mustard
1 cup large white mustard seed. Pour over all
2 qts. boiling vinegar in which has been dissolved
2 lbs. brown sugar. Let simmer 1 hr.

MRS. R. P. RAYNSFORD.

SPICED PLUMS—cost $1.17.

½ cup vinegar
½ cup water (or more)
4½ lbs. sugar
1-2 cups additional sugar if fruit is very tart. Boil. Add
6 lbs. plums and
1 TBS. whole cloves
1 round TBS. cinnamon broken
1 small salt spoon mace. Cook altogether till juice is thick. Skim frequently.

MRS. G. BLACKWELL.

SPICED PEACHES, PEARS OR CRABAPPLES—cost $

1 pt. vinegar
½ cup water
3 lbs. brown sugar
1 oz. stick cinnamon
1 oz. ground cinnamon tied in cheesecloth bags
1 oz. ground cloves tied in cheesecloth bags. Boil together 15 min. Add
8 lbs. peaches, or crabapples peeled, or pears, halved and cored. In each stick 3-4 **whole cloves** Cook gently till tender. Boil syrup down if not thick enough, after removing fruit to sterilized jars. Pour hot syrup over fruit. Seal.

MRS. M. H. MCCRADY.

FRUIT SAUCE—cost $1.80. Makes 10 pts.

30 ripe tomatoes Peel, cut in quarters. Sprinkle with **salt** Let stand over night. In the morning add
6 Spanish onions
6 peaches
6 pears
6 apples all cut fine. Add
4 cups sugar
1 qt. white wine vinegar
1 TBS. salt
½ cup mixed spices tied in a bag. Boil 20 min.

MRS. G. W. ROBINSON.

FRUIT CHOW-CHOW—cost $3.85. Makes 16 pts.

2 cups white wine vinegar Add
5 lbs. brown sugar Add
1 ($0.15) package mixed spices in cheesecloth and
2 TBS. salt Heat. Add
1 doz. medium onions cut in dice or put through grinder
30 tomatoes skinned and quartered
12 pears skinned and quartered
12 peaches skinned and quartered
20 apples skinned and sliced
2 bunches celery (only tender stalks) finely cut
2 green or red peppers finely chopped or ground
2 large cucumbers peeled, seeded and cut in small pieces
1 pound raisins seeded
¼ oz. celery seed
1 TBS. whole cloves
2-3 sticks cinnamon. Boil till all are tender (20-30 min).

MRS. FRED. OSBORNE.

CELERY RELISH—cost Makes

2 qts. vinegar and
1½ lbs. brown sugar Boil together and pour on to
1 oz. curry powder mixed with
3 TBS. flour and
¼ lb. mustard Cook till smooth Add
24 hearts crisp celery cut in small pieces and
2 red peppers chopped. Add
salt to taste Boil 10 min.

MRS. S. HUE.

WATERMELON PICKLES—cost Makes 4-5 qts.

8 lbs. watermelon rind from which the pink and green portions have been peeled. Place in a crock and sprinkle each layer with
salt Let stand over night. Drain thoroughly. Cover with cold water. Let stand 1 hr. Drain well. Cover with
boiling water Cook till tender when tried with a fork (about 2 hrs.). Cook till almost transparent (about ½ hr.) in the following syrup:
4 cups vinegar
8 cups sugar (white or light brown) boiled together with
1 stick cinnamon
2 TBS. whole cloves
1 tsp. mace (tied in cheesecloth). Place in sterilized jars and seal.

MRS. J. O. MEADOWS.

CANNED RHUBARB

Cut rhubarb in small pieces. Pack in gem jars. Boil enough water to cover and, when cold, pour on the rhubarb. Seal. Rhubarb canned this way will keep a year.

MRS. W. A. MCGUINNESS.

STEWED RHUBARB

Wash and cut rhubarb in cubes. Measure. Use ¼ the amount sugar as rhubarb Cook in double boiler till tender.

MRS. J. E. CHURCH.

APPLE SAUCE

1 qt. apples quartered
½ cup sugar
½ cup water. Cook slowly till apples are soft. Rub through a coarse strainer.

MRS. J. E. CHURCH

CRANBERRY RELISH

2 cups raw cranberries
1 orange (pulp and rind) Remove seeds. Grind cranberries and orange in food chopper. Add
1 cup sugar. Let stand over night. Add, if desired,
½ cup walnuts chopped.

MRS. M. H. MCCRADY.

CRANBERRY SAUCE

2 cups boiling water
1½ cups sugar Boil together 5 min. Add
4 cups cranberries. Boil without stirring 5 min.

MRS. J. E. CHURCH.

CRANBERRY JELLY—cost

1 qt. firm cranberries Pick over and wash. Place in stew pan with
1 cup boiling water. Let boil 10 min. (till soft). Mash through a sieve. Return strained pulp and juice to pan. Add
2 cups sugar. Let come to a boil, stirring till sugar is thoroughly dissolved. Turn at once into a wet mould or sterilized glasses. Long cooking may cause mixture to go beyond the jellying stage.

MISS M. E. HALL.

RED PEPPER JELLY—cost $0.60.

12 sweet red peppers seeded and minced. Cover with cold water and par boil. Drain. Add barely enough vinegar to cover. Add
2 lemons quartered. Boil ½ hr. Add
2 lbs. white sugar. Boil 20 min. Remove lemons. Pour in jelly glasses.

"A. C."

MINT JELLY—cost $0.20.

1 cup sugar
1 cup vinegar boil together a few minutes. Add
1 TBS. gelatine soaked 10 min. in
¼ **cup water.** Add
salt and
¼ **tsp. paprika.** Cool slightly. Add
½ **cup finely chopped mint.** Color green, if desired. Mould.

MRS. D. R. KENNEDY.

CONSERVES

RED PEPPER CHEESE CONSERVE—cost $0.80.

Makes 1 qt.

3 cups sugar
2 cups vinegar boiled together till thick (but not brown). Add
12 large, sweet, red-peppers seeded and minced. Boil about 20 min. Serve with cheese.

MRS. L. A. SEWELL.

GRAPE CONSERVE

2 qts. grapes (Concords). Remove pulps from skins; cook each separately till skins are tender and seeds can be removed easily.
2 oranges Peel and cut rind in tiny pieces; cook rind till tender in just as little water as possible. Mix with orange pulp, grape pulp and skins. Add
5 cups sugar Cook till thick and till it jellies. Add
1 lb. English walnuts. Cook till thoroughly heated.
Plums may be used in the same way.

MRS. R. P. RAYNSFORD.

APRICOT JAM—cost $0.45.

Cut dried apricots into quarters and cover with boiling water for 3 minutes. Pour off water, and leave them to soak over night in cold water. Boil up next day, allowing 2½ lbs. sugar to 1 lb. apricots, and 6 breakfast cups water. Dissolve sugar in some of the liquid, add fruit, and boil for 20 minutes, or till it jellies.

MRS. J. B. YOUNG.

GOOSEBERRY JAM

3 lbs. sugar
1 pt. water boiled together 15 min. Into this syrup drop so gently that boiling will not stop
1½ lbs. gooseberries. Boil 10 min.

MRS. G. O. EVERY.

RHUBARB JAM—cost $0.16.

8 lbs. rhubarb cut in small pieces. Add
4 oranges, juice and scraped rind. Bring gently to a boil and boil 10 min. Add
8 lbs. sugar. Boil quickly till it jells.

MRS. G. O. EVERY

BITTER ORANGE MARMALADE—cost $1.40.

12 bitter oranges (**or 6 large grape fruit**) cut in very fine short strips. (Remove the centres and pips. Cover them with cold water and let stand over night. In the morning, pour this liquid into the bulk of oranges. Place pips in a muslin bag and boil with mixture). Cover orange strips with
6 qts. water. Let stand over night. Boil 2 hrs. Leave again over night. Bring to a boil. Add
10 lbs. sugar warmed. Boil together about 2 hrs. Test at 1½ hrs. Remove when it jells. Put in jars and seal the next day. (It sometimes takes longer than 2 hrs. to jelly—the time depends on how fast it has boiled).

MRS. A. L. WICKES.

ORANGE MARMALADE—cost $0.58.

1 grape fruit
1 lemon
1 orange Slice as thinly as possible. Add
3½ qts. water. Let stand 24 hrs. Cook till rinds are tender. Let stand again 24 hrs. Add
5 lbs. sugar. Cook till syrup forms a jelly when dropped on a cold plate. Pour into glasses, cool and cover with paraffin.

MRS. G. W. ROBINSON.

OVEN-COOKED MARMALADE (Oven Regulated Stove)—cost $0.50.

Makes

1 grape fruit
2 lemons
3 oranges Cut fruit in thin slices. Remove seeds. Measure fruit. Add
½ as much water as fruit by measure. Cover. Let stand over night. Heat on surface burner to boiling point. Cover. Place immediately in oven heated to 350 F. Cook 10 min. Reduce heat to 300 F. and cook 50 min. longer. Remove from oven. Let stand over night. Measure. Add to cooked fruit
sugar equal to fruit by measure. Heat mixture on surface burner to boiling point. Place uncovered in oven heated to 350 F. Cook 10 min. Reduce heat to 300 F. Cook 50 min. longer. Pour hot marmalade into sterilized glasses. Cool. Cover with paraffin or seal.

MRS. M. H. MCCRADY.

PINEAPPLE MARMALADE—cost

Makes

4 pineapples prepare and put through meat-chopper. Cook slowly till juice simmers. Add
2 lemons (juice). For every cup of pulp add
1 cup sugar. Boil 20 min.

MRS. E. J. GRAHAM.

PINEAPPLE ORANGE MARMALADE—cost $0.38.

Makes

1 pineapple
1 orange
1 lemon
1 grape fruit. Put all through the meat chopper. To every cup of juice add
2 cups water. Let stand over night or 24 hrs. To every cup of fruit and juice add
1 cup sugar. Boil quickly till it jellies.

MRS. E. J. GRAHAM.

PEACH MARMALADE

Remove skins from peaches. Cut in half. Remove stones and crack about half of them; blanche these and cut kernels lengthwise into small strips. Allow ¾ lb. sugar to each lb. of peaches. Heat slowly. Boil 25 min., stirring constantly. Add the kernels. Boil about 5 minutes longer. Seal in jars.

MRS. JEREMY TAYLOR.

MARROW CREAM—cost

Makes

1½ lbs. marrow peel Steam till tender Add
¼ lb. butter
1½ lbs. sugar
2 lemons, grated rind and juice. Boil gently till it begins to thicken. Put into jars and cover.

MRS. S. HUE.

SUGGESTIONS FOR PRESERVING

To keep berries, empty them into a platter that air may circulate among them.

To cut sliced pineapple evenly, open can, drain juice, leaving slices in original position, insert a long, narrow knife through the hole in centre of slices, cut through the slices from top of can to bottom. Repeat.

Save paraffin from tops of jelly glasses, etc., wash, dry and place in a coffee can. This can be heated and the melted paraffin used again.

A few sweet-geranium leaves, or cinnamon sticks added to the crab-apple juice to be used for jelly, will give the jelly a delicious flavour.

Salads

SALAD COMBINATIONS

FRUIT:

Apples; celery, nuts, chopped mint or dates
Bananas; peanuts, cocoanut, dates
Oranges; pineapple, celery, cherries, nuts, grape fruit, onions
Pears; cheese, nuts, pineapple
Pineapple; strawberries and mint, nuts, cheese, celery, cucumber
Cherries; stuffed with cheese or nuts, pineapple
Watermelon cut in balls with chopped mint.

MEAT AND FISH:

Chicken, Turkey or Veal; celery, hard cooked eggs, capers, peas, green peppers, carrots, cucumbers, pickles: jellied
Fish; celery, hard cooked eggs, peas, asparagus, beets, green peppers, capers.
Ham; hard cooked eggs, chives, ham mousse, peas

VEGETABLES:

Asparagus tips in rings of green pepper, cucumber, pimento
Beets, celery, cabbage, peas, cucumbers, anchovies
Cabbage; celery, pimento, green pepper, peanuts, carrots, onions
Carrots; tomatoes onions, peas, celery
Celery, baked beans, cheese
Tomato; onions, cucumbers, cheese, green peppers
Potato, cooked eggs, beets, onions, celery, capers, green peppers

MISCELLANEOUS:

Watercress
Stuffed eggs; cheese balls
Ginger-ale-fruit.

GARNISHES FOR SALADS:

Cheese balls rolled in chopped nuts; pimento cheese made in shape of a carrot with parsley for carrot-top. Cheese balls between halves of stuffed olives; cheese balls between walnut-halves; radish "roses"; curled celery; green or red pepper rings; beets; pimentoes or hard cooked eggs cut in fancy shapes.

POTATO SALAD—cost $0.40, plus dressing. Serves 15-18.

12 medium sized, cold boiled potatoes cut in cubes and mixed with
4 hard cooked eggs also cut in small cubes
1 tsp. finely minced onions
2 TBS. parsley (minced)
2 green peppers or
pimentos (cut fine) and
½ cup celery (cubed) Add small amount of
Dressing.

MRS. J. E. CHURCH.

CABBAGE SALAD AND DRESSING—cost $0.20. Serves

3 egg yolks beaten and mixed thoroughly with
½ tsp. mustard
1/8 cup sugar and
¼ tsp. salt Add
1/8 cup butter (melted) and
1/3 cup hot vinegar (slowly). Cook in double boiler, stirring constantly, till it thickens. Mix with fine white crisp
cabbage just before serving. Have the cabbage cut very fine and let stand 1 hour in ice water. Drain and add
¼ cup pimentos cut fine.

MRS. J. E. CHURCH.

EGG AND LOBSTER SALAD—cost $1.35, plus mayonnaise. Serves

12 hard cooked eggs Remove shells and yolks and cut in halves lengthwise. Arrange
lettuce leaves or
endive on salad plates and place two egg halves on each plate with the cavity side up. Combine
½ cup lobster meat with
6 stalks celery (crisp and white) minced with
3 small cucumber pickles and with enough stiff
mayonnaise to make of desired consistency, and fill the egg whites with the mixture. Blend some mayonnaise with the egg yolks, season with a little
salt and
paprika and mould into twelve small balls. Place one of these and a
cream cheeseball upon each plate beside the egg cup.

MRS. S. H. STONE.

CHICKEN SALAD—cost $0.75. Serves

1 cup chicken cut into small cubes with scissors and mixed with
4 TBS. capers and
1 cup celery cut fine. Mix all with
salad dressing. See **Dressings.**

MRS. J. E. CHURCH.

TOMATO ASPIC FOR SALADS—cost $0.25.

Serves 8

3½ cups tomatoes
½ onion
1 bay leaf
2 cloves
few grains cayenne
1 stalk celery. Boil together 10 min. Add
2 TBS. gelatine which has soaked 10 min. in
½ cup cold water. Dissolve gelatine and add
2 TBS. vinegar or
2 TBS. lemon juice. Strain and add 3 cups of any of the following combinations. Allow a layer of jelly and solid ingredients to harden before adding another layer. Keep remaining jelly warm meanwhile. (See **Gelatine Directions**). Serve on lettuce with salad dressing.

ASPIC SALAD COMBINATIONS—(Serves 16).

Chicken : 2 cups diced chicken, ½ cup celery cut in small pieces, stuffed olives cut in rings, etc. Added to tomato aspic.

Vegetable : 2 cups celery diced, 1 cup shredded cabbage, sweet red peppers finely cut, or any desired combination of vegetables. Add to tomato aspic.

Fish : 2 cups diced halibut, or other fish, 1 cup of a mixture of diced pickles, cucumbers, celery, stuffed olives, sweet green or red peppers, or capers, etc. Add to aspic.

Fruit : For fruit aspies add ½ cup sugar and use 2 cups water in place of tomatoes in tomato aspic recipe, and add 3 cups of any desired mixture of diced apples, celery, nuts, bananas, pineapple, etc.

TOMATOES IN ASPIC JELLY

small, firm tomatoes. Peel and remove pulp, having opening as small as possible. Sprinkle insides with salt. Invert and let stand 30 min. Fill with
salad (chicken or vegetable). Cover tops with
mayonnaise to which has been added
a small amount of gelatine soaked in
cold water and dissolved over hot water. Garnish with
capers or sliced pickles. Place a pan in ice water. Cover bottom with
aspic jelly mixture (see recipe above). Let stand till jelly is firm. Arrange tomatoes on jelly, garnish side down. Add
more aspic jelly mixture. Let stand till firm. Repeat till tomatoes are covered with jelly. Chill till firm. Turn on serving dish, or cut in squares, each containing a tomato. Garnish with lettuce or parsley.

MRS. L. ROHR.

STUFFED CELERY SALAD—cost Serves

1 **stalk celery** laid in cold water for 5 min. and then dried in a piece of cheesecloth. While the celery is in the cold water, mix
2 **neufchatel cheeses** with
1 **tsp. salt** If dry add a little
milk Fill the hollow part of the celery with the mixture. Dust with
¼ **tsp. paprika** and roll it into
2 **TBS. finely cut celery tops.** Cut into inch pieces, and put on
lettuce leaves. Serve with
French dressing.

MRS. S. H. STONE.

THE WHAT IS IT ? MOULD—costs $0.10. Serves 2

1 **dessert spoon gelatine** dissolved in
¼ **cup cold water**
1 **Oxo cube** dissolved in
1 **cup boiling water.** Add to the gelatine. Wet two individual moulds and put in each
1 **TBS. vegetables** and
meat. Fill up the moulds with the liquid seasoned to taste. When cold, turn out and garnish with parsley or lettuce with a tsp. mayonnaise on top of each mould.

Any kind of cooked or uncooked vegetable suitable for a jelly, and any kind of minced or chopped meat is used for this luncheon or supper dish.

MRS. P. ANDERSON.

CHICKEN MOUSSE—cost $1.05. Serves 8.

Plus mushrooms or pimentoes and dressing.

Boil till tender
a small fowl with
1 onion
1 large stalk celery
salt. When cold pass enough chicken through food-chopper twice to make
2 cups ground chicken Add if desired
½ cup chopped mushrooms or
½ cup chopped pimentoes (or both). Add
1 TBS. gelatine soaked 10 min. in
1/8 cup cold water and dissolved in
½ cup hot chicken stock Fold in
1 cup cream beaten stiff. Chill in a deep pan. Slice and serve on lettuce with dressing.

MRS. J. F. GALLAGHER.

CHEESE HAM ROLLS (with Spicy Dressing)—cost $1.10. Serves 5.

2 TBS. chopped onions or chives mixed with
½ lb. Baumert cream or cottage cheese Make into rolls and around them fold
½ lb. thinly sliced ham Serve if desired with
¾ lb. French endives in alternate rows on a bed of
lettuce (1 head). Serve on a platter or in individual servings with
Spicy Dressing:
¼ cup sugar
1 tsp. salt
½ tsp. mustard
¼ tsp. black pepper
1/8 tsp. red pepper Add
½ cup vinegar Stir till dissolved. Add
2 TBS. salad oil. Beat well. Add
1 bunch celery finely cut and
1 green pepper chopped.

MRS. L. R. COOPER.

NOTE:—This dressing may also be served with Fried Oysters.

HAM MOUSSE—cost $0.90. Serves 8.

1 TBS. gelatine soaked 10 min. in
¼ cup cold water and dissolved in
¾ cup hot bouillon. Mix with
2 cups cold, cooked ham passed twice through meat chopper. Add
½-1 tsp. mustard rubbed smooth with
1 TBS. water. Add
cayenne
1 cup xxx cream whipped and
salt if necessary. Garnish with
parsley or serve with lettuce.

MRS. C. LYNCH.

MARSHMALLOW SALAD—cost $1.15. Serves

1 lb. can sliced pineapple (heavy syrup) diced
1 lb. marshmallows diced. Mix and let stand over night. Then stir well and add
½ pt. xxx cream whipped and mixed with
1 dessertspoon mayonnaise. Serve with salad dressing on lettuce.

MRS. W. J. HUTCHISON.

FRUIT SALAD—cost $1.80. Serves 12.

1 large can pineapple (cut in pieces)
½ can white cherries (cut in halves)
½ lb. blanched almonds
1 small box marshmallows. Pour over a dressing made of the following:
4 eggs beaten stiff
1 lemon (juice only)
¼ cup cream. Cook in double boiler until thick and when cool, add
½ pint xxx cream (beaten stiff). Let stand 24 hours.

MRS. A. W. MURRAY.

HAWAIIAN DELIGHT SALAD—cost $0.60. Serves 5.

5 slices pineapple cut in small pieces
½ cup celery cut in small pieces
¼ lb. marshmallows cut in small pieces
1 cup Malaga grapes halved and seeded. Mix all together. Serve on lettuce with Fruit Salad Dressing.

MRS. W. G. KRAUSER.

APPLE, DATE AND NUT SALAD—cost $0.40. Serves

2 cups sour apples (sliced fine) and added to
1 cup dates (stoned and cut into two lengthwise) and both mixed with
½ cup English walnuts (broken, not chopped). Line a salad bowl with
2 cups shredded lettuce. Put the salad in the centre, and cover it with
½ cup French dressing. Garnish with
1 red apple (washed and polished and cut into eighths). Place slices of apples around the edge with the red side out.

MRS. S. H. STONE.

TOMATO AND PEAR SALAD—cost $0.20. (plus cost of pears)

syrup drained from 1 can pears
1½ cups tomatoes
¼ tsp. salt
4 whole cloves
3 sprigs celery
2 TBS. vinegar Bring to boil and cook slowly 3 min. Rub through strainer. Again bring to boil. Add
2½ TBS. gelatine which has soaked 10 min. in
¼ cup water Stir well. Pour in shallow moulds or saucers. When hardened place on lettuce and on each jelly place ½ a pear. Sprinkle with paprika.

MRS. J. F. GALLAGHER.

GINGER ALE SALAD—cost $0.55.

2 TBS. gelatine soaked 10 min. in
½ cup water. Dissolve over hot water. When cold, add
1½ cups Gurd's ginger ale
3 TBS. sugar
½ lemon (juice)
½ cup orange (juice and pulp)
1 cup shredded pineapple
1 cup seeded white grapes. Add
salt and paprika to taste. Mix and mould. Serve on lettuce with salad dressing.

MRS. G. DOBBIN.

FROZEN FRUIT SALAD

Take finely chopped fruit (canned pineapple, peaches, pears, cherries and maraschino cherries). Add an equal amount of boiled salad dressing (made with the fruit juices). Fold the mixture into an equal amount of xxx cream, whipped. Turn into mould, pack in ice and salt (1 part salt to 4 parts ice). Let stand 3-4 hrs. Slice and serve on lettuce.

MRS. J. O. MEADOWS.

SUGGESTIONS FOR SALADS

Apples and bananas should be rolled in lemon juice to prevent discoloration, if they are not to be used immediately after peeling.

Lettuce which could not be used in leaves, can be made attractive by cutting it in shreds with the scissors.

Lettuce or watercress or celery should be washed several hours before serving and placed on the ice in a wet cheesecloth bag.

Cucumbers or cabbage should be cut and placed in cold water near the ice for an hour before serving.

Salad Dressings

OIL MAYONNAISE—cost $0.40. Makes 2½ cups.

2 egg yolks Add
1 tsp. mustard
1 tsp. salt
½ tsp. paprika
dash cayenne Mix well together. Add drop by drop, beating constantly
2 cups Mazola oil alternately with
2 TBS. lemon juice and
2 TBS. vinegar allowing mixture to thicken with oil, then thinning with lemon and vinegar. After the first thickening, oil may be added more rapidly. Have ingredients cold. If oil is added too rapidly and mixture separates, use a fresh yolk and gradually beat in the curdled mixture. If Dover egg beater is used in mixing, bowl must be small enough so that egg is well beaten from the first. In using olive oil greater care must be taken to have ingredients and utensils cold and to add oil slowly.

MRS. M. H. MCCRADY.

SOUR CREAM DRESSING—cost $0.15.

1 cup sour cream beaten slowly till smooth. Beat constantly while adding
1 TBS. sugar
1 tsp. salt
¼ tsp. pepper
1¼ tsp. mustard
3 TBS. lemon juice
1 TBS. vinegar.

RUSSIAN DRESSING—cost $0.10.

1 TBS. mayonnaise
4 TBS. chili sauce
1 tsp. sugar
1 tsp. cream
1 tsp. tarragon vinegar. Mix well. Serve with salads or fish.

MRS. R. P. RAYNSFORD.

CONDENSED MILK MAYONNAISE (No eggs)—cost $0.90. Serves

1 cup Borden's condensed milk
2 cups oil
1 tsp. salt
1 tsp. mustard
1 TBS. sugar. Have oil and milk cold. Beat all together in bowl and then add
juice of 1 or 2 lemons.

CONDENSED MILK SALAD DRESSING—cost $0.30.

1 egg beaten well. Add, beating constantly,
1 tsp. salt
2 tsps. mustard
cayenne pepper
½ cup vinegar and
1 can Borden's condensed milk. Thin, if desired, with **milk, whipped cream or lemon-juice.**

MRS. G. O. EVERY.

BOILED DRESSING (No oil)—cost $0.20. Serves

3 eggs (beaten well) added to
1 TBS. (heaping) butter and
2 TBS. (heaping) brown sugar. Cook slightly in double boiler and then add
½ (scant) cup vinegar
½ tsp. salt
sprinkle of pepper
1 tsp. made mustard. Should be stirred constantly while cooking, when done is smooth and thick.

MRS. H. R. HARRIS.

SALAD DRESSING (No oil)—cost $0.10.

1 TBS. flour
1 tsp. (heaping) mustard
½ tsp. salt
3 TBS. sugar
¼ cup vinegar
¾ cup water
1 egg (beaten). Cook in double boiler or boil slowly till it thickens.

MRS. E. A. GILLSON.

WHITE SAUCE SALAD DRESSING (with or without oil)—cost $0.35.

6 TBS. butter melted. Mix smooth with
½ cup flour
3 tsps. mustard
2 tsps. salt
red pepper. Add slowly, stirring constantly
2½ cups milk. When thick and smooth, pour slowly on
2 egg yolks beaten. Add
1 lemon (juice) and
vinegar to taste. When cold add oil if desired.

MRS. M. H. MCCRADY.

THOUSAND ISLAND DRESSING—cost $0.30.

1 egg yolk mixed well with
1 TBS. oil. Add juice of
½ lemon
2 TBS. tomato catsup
1 egg (hard-boiled and chopped)
2 TBS. onion (chopped fine), and finally
1 cup boiled dressing. Olives may be added if desired.

MRS. H. R. HARRIS.

FRENCH DRESSING—cost $0.20 (plain)

½- 1 tsp. salt
¼-½ tsp. pepper
paprika
4 TBS. vinegar
1 TBS. lemon juice Mix well. Add
½ cup olive oil Stir till well blended. Let stand one hour. Stir well. Add
chopped onions, peppers, parsley etc., if desired.

ROQUEFORT CHEESE SALAD DRESSING—cost $0.20

4 TBS. olive oil
1 TBS. grape fruit juice
½ TBS. lemon juice
½ TBS. granulated or brown sugar
¾ tsp. salt
paprika Mix till well blended. Add
2 TBS. chopped or grated Roquefort cheese.

Serve with Grape Fruit Salad in combination with other fruits (oranges, grapes, etc.)

MRS. J. M. R. FAIRBAIRN.

CHICKEN SALAD DRESSING—cost $0.30.

1½ TBS. mustard mixed well with
1 tsp. salt and
1/8 tsp. cayenne Add enough of
1/3 cup vinegar to make a smooth paste. Heat the remainder of the vinegar in a double boiler with
½ cup strong chicken stock and
1/6 cup water. To mustard mixture, add
5 egg yolks (beaten). Then add hot mixture very gradually and return to double boiler. Cook till mixture coats the spoon. While hot, beat in
3/8 cup butter. When cold, add
¼ cup whipped cream.

MRS. J. E. CHURCH.

FRUIT SALAD DRESSING—cost $0.40.

2 eggs beaten slightly
2 TBS. butter
3 TBS. sugar
¼ tsp. salt
6 TBS. pineapple juice or
4 TBS. lemon juice. Cook in double boiler, stirring constantly, till mixture will mask a silver spoon. Cool. Fold in
½ pt. xxx cream whipped

MRS. W. G. KRAUSER.

GOLDEN DRESSING FOR FRUIT SALADS—cost $0.25. Makes 2½ cups

½ **cup pineapple juice**
¼ **cup orange juice**
1½ **TBS. sugar**
1½ **TBS. lemon juice** Heat and pour slowly on
2 **egg yolks** beaten with
¼ **tsp. salt** and
¼ **cup sugar** Cook in double boiler till thick. Just before removing from fire add
2 **egg whites** beaten stiff and
¼ **cup sugar.**

MRS. J. O. MEADOWS

PINEAPPLE SALAD DRESSING—cost $0.40. Serves

1 **cup pineapple juice** (from 1 large can)
¼ **cup sugar**
2 **tsps. flour**
pinch salt
2 **eggs** well beaten. Cook all together in double boiler till thick. When cool and ready to serve. Add
1 **cup xxx cream** whipped

MRS. A. R. KETTERSON.

BOILED DRESSING FOR 100 PERSONS—cost $1.00

3/8 **cup flour**
3 **TBS. salt**
¼ **tsp. pepper**
½ **cup sugar**
3 **TBS. mustard**
¼ **tsp. red pepper**
½ **tsp. paprika** Mix all together. Add gradually
1 **cup cold milk** Mix smooth and add to
5½ **cups hot milk** stirring constantly. Cook till thick. Add
9 **eggs or 12 yolks** slightly beaten. Add
¾ **cup melted butter (or oil)** Cook over hot water or low flame 2 min. stirring. Add
1 **cup hot vinegar** and
1 **cup lemon juice.**

CHEESE RING (Accompaniment to Salads)—cost $0.60.

2 **Baumert cream cheeses** Make smooth with
2 **TBS. cream** Add
½ **cup grated Canadian cheese** Add
1½ **TBS. gelatine** soaked 10 min. in
¼ **cup water** and then dissolved over hot water. Add
1 **cup xxx cream** whipped and
salt and paprika (to taste) Turn into a ring mould. When hardened, unmould. Place a bowl of mayonnaise in centre and surround with fruit or chicken salad.

MISS M. E. HALL.

TO MAKE A RING MOULD

If you have no ring mould, place a smaller dish or pail partly filled with ice or ice water in a larger dish. Pour gelatine mixture in the larger dish. When set, pour hot water in pail and remove carefully.

Sandwiches and Afternoon Tea Suggestions

One 12 inch sandwich loaf makes 14-22 full slice sandwiches ¼-3/8 inch thick. Of these allow 2 per person for teas, etc., and 2-4 for picnics. 1½ pound butter spreads 100 sandwiches.

Bread should be 24 hrs. old to slice best for ordinary sandwiches

Bread should be as fresh as possible for rolled sandwiches. (Warm from the oven if possible.)

Butter should be softened and creamed for spreading (but not melted). Butter bread before cutting. Cut as thin as possible for teas, etc. Lay buttered slices out in the order in which they were cut from loaf, so that they may be paired more evenly when filling. Economy of butter is possible by spreading butter on only one side of sandwich and filling on the other, but to many is not satisfactory. Butter on both sides tends to prevent a soft filling from making the bread soggy. Mayonnaise should be spread on one half of sandwich. If sandwiches are to be kept some time do not trim crusts till near serving time. Wrap sandwiches in waxed paper or dry napkin, lay a damp napkin over them, and place in a cold place or in the bread box till needed. Do not make sandwiches longer before serving than is necessary. Whipped cream or any sandwich containing a filling which might soak the bread should not be made till almost serving time. Cut loaf lengthwise instead of across for some rolled sandwiches, or if sandwiches are to be cut in fancy shapes. When serving assorted sandwiches, cut different kinds in different shapes, so that selection of the desired kind is easy.

SANDWICH FILLINGS (add salt and pepper to taste)

CHEESE:

Cottage cheese with chopped stuffed olives, or pimentoes, or pickles, or cucumber.

Cream cheese with chopped walnuts or stuffed olives.

Cream cheese with orange marmalade, season with mustard and pepper. Add cream to spread.

Cream cheese with finely chopped pineapple and whipped cream.

Baumert cream cheese, fresh strawberries, mashed and sweetened.

Canadian mild cheese, chili sauce, mayonnaise, celery salt, poultry seasoning.

EGG:

Hard boiled eggs; whites chopped, yolks riced. Mix with salad dressing. Add cooked chopped bacon if desired.

Hard boiled eggs; yolks rubbed smooth and mixed with equal amount boned drained sardines.

Hard boiled eggs; finely chopped crisp, fried bacon and mashed bananas.

FRUIT:

Bananas mashed and mixed with lemon juice.

Bananas mashed and mixed with chopped peanuts or peanut butter.

Candied cherries and blanched almonds finely chopped and mixed with marshmallows cut in small pieces and soaked several hours in orange juice.

Dates and preserved ginger finely chopped and mixed with lemon juice.

Maraschino cherries chopped and mixed with whipped cream

Pineapple, nuts, and celery finely chopped and mixed with whipped cream.

Preserved ginger and chopped walnuts with ginger syrup or whipped cream.

MEAT:

Chicken or veal chopped, mashed egg yolks, or finely chopped celery, mayonnaise or chicken gravy.

Lamb, finely chopped, capers, chopped mint and lemon juice.

Minced ham, chopped pickles and mayonnaise.

Crisp bacon or frizzled smoked beef chopped. Season with pepper.

Oxo cordial alone or mixed with finely chopped celery.

NUTS:

Walnuts chopped and mixed with whipped cream. Spread on Graham bread.
Nuts and raisins passed through meat chopper, mixed with lemon juice.
Nuts and chopped celery with mayonnaise.

VEGETABLE:

Chopped celery, olives, cucumbers, mayonnaise and ketchup.
Chopped celery with mayonnaise. Add chopped walnuts if desired.
Cucumber and mayonnaise.
Ketchup alone or with chopped green pepper.
Mild onions and lettuce, finely chopped with mayonnaise well seasoned.
Pimentos rubbed to a paste with tabasco sauce.
Tomatoes sliced, with mayonnaise on well buttered bread.
Watercress chopped, horseradish and lemon juice.

RIBBON SANDWICHES I

Cut all crusts from a sandwich loaf. Cut evenly lengthwise in 4 or 5 slices. Spread all but the 2 outside faces with butter. Between each 2 slices spread a different filling; creamed cheese, minced chicken, minced ham, ground nuts, etc. wrap in cheese cloth. Place in a pan, with a weight on bread. Let stand in a cool place till firm. Cut cross-wise in thin slices.

RIBBON SANDWICHES II

Cut loaf in the usual way in half inch slices. put 3 or 4 buttered slices together with filling (cheese, pimentoes, green peppers, etc., finely minced). Press firmly together. Place in a pan in a cool place, cover with cheese cloth, place a light weight on each pile. When butter has become firm, trim crusts from each pile and cut in thin slices. Alternate slices of white and brown bread make attractive sandwiches.

MOSAIC SANDWICHES

Cut half inch slices of white and brown bread. Butter and put together in threes; first a brown slice between 2 white, then a white between 2 brown. Place under a light weight in a cool place. Trim each pile evenly and cut each pile in 3 half inch slices. Spread with butter and put together so that a white block will alternate with a brown one. Place in a cool place under a light weight. When butter has become firm, cut in thin slices.

ROLLED SANDWICHES I (Toasted if desired)

Have bread as fresh as possible. Remove top and bottom crusts. Cut evenly lengthwise in thin slices using a very sharp knife. Mix filling with creamed butter, or butter slices and spread with filling. Remove remaining crusts, roll tightly. Wrap in damp cheesecloth and place in a cool place for a few hours. Cut in thin slices. These are equally good toasted.

ROLLED SANDWICHES II (Toasted if desired)

Have bread as fresh as possible. Cut in very thin slices with sharp knife. Spread with butter and any smooth filling. Remove crusts. Roll closely. Trim evenly. Fasten with tooth picks till serving time. Toast if desired, leaving tooth picks in till after toasting. Turn frequently so as to toast evenly.

ROLLED ASPARAGUS SANDWICHES

Slice fresh bread very thin. (If the bread is not fresh enough, steam). Spread with butter, place on each slice one asparagus tip (if too thick cut tip in two). Roll. Fasten with tooth picks and place in a cold place. Crisp celery stalks may be rolled in the same way.

MRS. A. KETTERSON.

STUFFED ROLLS

Cut out a piece from the top of small rolls (finger or round). Remove most of the crumb. Spread the inside with butter and salad dressing. Fill with chicken salad or sliced stuffed olives. Fit top in place and serve.

MRS. G. D. C. DOBBIN.

Hot Sandwiches

FRIED HAM SALAD SANDWICHES

Dip thick slices of bread in milk and egg beaten together (1-2 eggs to 1 cup milk). Make sandwiches with minced ham mixed with salad dressing. Fry in fat in frying pan till brown. Serve with a lettuce leaf, salad dressing and pickles.

FRIED CHEESE SANDWICHES

Cut bread which is not too fresh in ¼" slices. Remove crusts. Make sandwiches with slices of mild cheese between each two slices of bread. Fry in butter till brown on both sides.

TOASTED SARDINE SANDWICHES

1 box sardines drained, boned. Mix with
2 hard cooked eggs chopped fine. Season with
lemon juice and
salad dressing to spread. Spread on thin
slices of buttered bread. Toast lightly on both sides of sandwich. Serve hot.

TOASTED MARMALADE SANDWICHES

Make sandwiches of buttered bread and orange marmalade. Remove crusts. Toast quickly and serve very hot.

CLUB SANDWICHES

Place between slices of buttered toast (from which the crusts have been removed) slices of chicken, strips of broiled bacon, slices of tomato, salad dressing, lettuce and more salad dressing.

CINNAMON TOAST

Heat 5 min. at 400 F.

4 thin slices bread toasted on one side. Remove crusts. Spread with the following mixture:
3 TBS. butter creamed. Add
2 TBS. brown sugar and
1 tsp. cinnamon If desired sprinkle each piece with a few drops
lemon juice. Place in hot oven till sugar is melted; or toast in broiler.

MISS M. E. HALL.

HOT ROLL SANDWICHES

Clarke's Cambridge Sausages fried till brown. Place between halves of **stale finger rolls** from which part of the crumb has been removed and which have been dipped in
milk. Place in a hot oven till well heated.

MRS. R. E. MATTHEWS.

SUGGESTIONS FOR SANDWICHES

To cut very fresh bread, dip a sharp knife in boiling water.

To use left-over sandwiches, dip in a batter (1-2 eggs to 1 cup milk) and fry in butter. Serve hot.

PUDDING SAUCES

SAUCE	SUGAR	THICKENING	LIQUID	EGGS	OTHER INGREDIENTS	DIRECTIONS
Cornstarch (Plain, Fruit, or Foamy) (Mrs. E. A. Gillson) Cost $0.07	½ c.	1 TBS. cornstarch or 1½ TBS. flour	¾ c. boiling water ¼ c. cold water	1 white beaten stiff (for Foamy Sauce)	1 TBS. butter ¼ tsp. salt flavouring (lemon juice, vanilla, grated lemon rind, nutmeg)	Mix sugar and flour (or cornstarch). Add cold water. Mix till smooth. Add hot water gradually. Cook 10 min. Add butter and flavouring. For Fruit Sauce use fruit juice for water. For Foamy Sauce, pour slowly on stiffly beaten white of egg
Caramel I. (Mrs. H. R. Harris) Cost $0.20	1 c. brown			1 slightly beaten	½ c. butter	Mix and cook in double boiler till it appears sticky, stirring constantly
Caramel II. (Mrs. G. Dobbin) Cost $0.02	3 TBS. brown	1 tsp. flour	1½ c. hot water		1 tsp. butter	Caramelize sugar. (See Frostings). Melt butter. Mix with flour. Add hot water gradually. Add caramelized sugar.
Chocolate I. (Mrs. A. L. Wickes) Cost $0.10	½ c.		½ c. milk		2 oz. chocolate	Boil together till thick.
Chocolate II. (Good for Ice Cream) Cost $0.12	1 c.		1½ c. water		2 oz. chocolate melted 1 TBS. cornstarch 1/8 tsp. salt 1 tsp. vanilla	Boil sugar and water 3 min. Add salt and cornstarch dissolved in a little cold water. Boil, stirring till smooth. Add melted chocolate. Cook 3 min. Add vanilla.
Egg (Mrs. Gerald Smith) Cost $0.15	¾ c.			2 yolks (slightly beaten) 2 whites (beaten stiff)	1 tsp. vanilla	Cook sugar and yolks in double boiler 15 min. stirring. Pour onto whites.
Hard Cost $0.12	1 c. powdered				¼ c. butter 1 tsp. vanilla or grated rind 1 lemon	Cream butter. Add sugar gradually. Add flavouring.
Lemon (Mrs. H. Britnell) Cost $0.20	1 c.		½ c. boiling water	1 beaten well	½ c. butter 1 lemon, juice and grated rind	Pour water gradually on beaten egg. Add sugar, butter, and flavouring. Cook in double boiler, stirring, till thick
Spice (Miss M. Moody) Cost $0.12	1½ c. brown	2 TBS. flour	2½ c. water 2 TBS. molasses		¼ tsp. cloves ¼ tsp. cinnamon ¼ tsp. allspice ½ tsp. salt few grains nutmeg 2 TBS. butter	Mix all dry ingredients. Add molasses, water and butter. Boil till thick.
Orange (Uncooked) (Mrs. G. Dobbin) Cost $0.20	1 c.			3 whites beaten stiff	juice and grated rind 2 oranges and 1 lemon	Add sugar to beaten whites. Beat well. Add fruit juices and rind.
Whipped Cream (Uncooked) (Mrs. Ward) Cost $0.36	1 c.		½ pt. xxx cream whipped	1 yolk (beaten) 1 white (beaten stiff)	1 tsp. vanilla	Add beaten egg to whipped cream. Add sugar and vanilla. Beat well.

VEGETABLE AND MEAT SAUCES

SAUCE	FAT	FLOUR	LIQUID	OTHER INGREDIENTS	DIRECTIONS
White Sauce I. Cost $0.06	2 TBS. butter	2 TBS.	1 c. milk	¼ tsp. salt 1/8 tsp. pepper	Melt butter. Add flour. Rub smooth. Add seasoning. Add milk gradually, beating till smooth.
Croquette or Thick White Sauce II. Cost $0.07	3 TBS. butter	4 TBS.	1 c. milk	¼ tsp. salt 1/8 tsp. pepper	Melt butter. Add flour. Rub smooth. Add seasoning. Add milk gradually, beating till smooth.
White Sauce III. (Without butter) Cost $0.03		2 TBS.	1 c. milk	¼ tsp. salt 1/8 tsp. pepper	Mix flour with an equal amount of milk to smooth paste. Heat remaining milk. Stir thin paste into hot milk, stirring constantly. Boil up once.
Bread (Mrs. H. R. Harris) Cost $0.08			2 c. milk	1 large split onion 3 TBS. fine bread crumbs salt and red pepper	Boil onion slowly in milk. Remove onion. Add crumbs. Beat till liquid is absorbed. Season highly.
Brown Gravy (Mushroom) Cost $0.05 (plain)	2 TBS. beef or bacon drippings	2 TBS.	1 c. water	1 tsp. Oxo cordial salt and pepper	Make as white sauce I. Add Oxo to taste. For mushroom sauce add ½ c. mushrooms.
Drawn Butter (Caper or Egg) Cost $0.06 (plain)	4 TBS. butter	2 TBS.	1 c. water	¼ tsp. salt 1/8 tsp. pepper	Make as white sauce I. Add 2 TBS. butter. For egg sauce add 1 c. chopped hard cooked eggs. For caper sauce add ¼ c. capers.
Maître d'Hôtel (Hard Sauce) Cost $0.06	4 TBS. butter		1 TBS. lemon juice	½ tsp. salt 1/8 tsp. pepper 1 tsp. chopped parsley	Cream butter. Add seasonings, then lemon juice very gradually.
Mock Hollandaise Cost $0.09	2 TBS. butter	1½ TBS flour	1 c. milk 1 tsp. lemon juice	¼ tsp. salt 1/8 tsp. pepper 1 yolk (beaten)	Make white sauce. Pour slowly on yolk egg. Add lemon juice.
Tomato (Or use Clarke's Tomato Soup, undiluted) **(Bacon)** Cost $0.12 (plain)	2 TBS. butter	1½ TBS. flour	1 c. tomatoes (mostly juice)	¼ tsp. salt 1/8 tsp. pepper (2-3 slices bacon)	Make as white sauce I. For bacon sauce, add 2-3 slices fried bacon (cut small) and 1 green pepper minced.

Soups

MEAT SOUPS

For meat soups allow 1 qt. water for every lb. of meat and bone. Simmer 1 hr. for every lb. of meat and bone.

CONSOMME—cost $0.55. Serves 7-8. Simmer 1 hr.

1½ qts. stock Add
1¼ lbs. lean raw meat chopped. Add
giblets 1 fowl
1 small carrot
½ leek or onion
1-2 egg whites slightly beaten. Bring to a boil. Simmer 1 hr. 15 min. before serving add
2 TBS. pearl tapioca. Season. Strain through double cheese-cloth. Serve in boullion cups.

MRS. L. ROHR.

SOUP STOCK cost $0.60. Serves

Cook 4 hrs.

5 lbs. shin or brisket of beef. Cut lean meat in 1 inch cubes. Add
4 qts. cold water. Let stand ½ hr. Heat gradually to boiling point. Cover and simmer (do not boil) 3 hrs. or longer. Strain. Cool. Remove fat (some prefer to leave a little). Add
½ cup each: carrot, celery, onion and turnip all diced and
½ cup tomatoes Boil till vegetables are tender. Add
1 TBS. salt
¼ tsp. pepper. Just before serving add additional water if necessary and
1 tsp. chopped parsley. If a spiced soup is desired, add at first with cold water
6 cloves
1 bay leaf
3 sprigs thyme
1 TBS. chopped green pepper.

FRENCH-CANADIAN PEA SOUP—cost $0.30. Serves

Cook 5-6 hrs.

1 lb. dried peas soaked over night. Drain. Place in kettle with
¾-1 lb. salt pork. Add
3-4 qts. cold water and
¼ tsp. soda Cook slowly, covered, till peas are all broken. Add more water if necessary, but have soup thick when ready to serve. Be careful that it does not burn.

MRS. W. BURBRIDGE.

JELLIED BOUILLON—cost $0.30. Serves 7-8.

6 Oxo cubes dissolved in
1 cup boiling water. Add
¼ lemon (juice). Add
1 tsp. kitchen bouquet and
cayenne pepper. Add the following mixture:
1 TBS. gelatine softened in
¼ cup cold water and dissolved in
¾ cup boiling water. Add
3 cups cold water. Pour into bouillon cups or sherbet glasses. Set on ice. When stiff serve. If sherbet glasses are used set in glass finger bowls filled with finely cracked ice. Place olives on ice and a sprig of parsley on bouillon.

MRS. M. H. MCCRADY.

MACARONI SOUP—cost $0.12. Serves 5-6.

1 qt. soup stock or
4 Oxo cubes dissolved in 1 qt. water. Add
1/3 cup Sunshine Macaroni broken in ½ in. pieces and boiled in **salted water** till tender Add
salt and pepper to taste.

MRS. G. DOBBIN.

SCOTCH BROTH—cost $0.85. Serves
Cook 2½ hrs.

In a large pot place:
1½ lbs. beef and
1½ lbs. mutton. Add
3 qts. cold water. Add
¼ lb. pearl barley. Simmer 1 hr. Add
2 large carrots scraped and diced
1 large turnip peeled and diced
1 onion peeled and diced
½ small cabbage thinly sliced. Boil 1½ hrs., skimming frequently. Season with
salt and pepper. Add
1 TBS. chopped parsley. Serve meat separately with a little of the broth strained over it.

MRS. P. ANDERSON.

CREAM SOUPS

Much of the food value of vegetables (Mineral Salts and Carbohydrates) is soluble in water. For this reason the water in which vegetables have been boiled should be used for gravies and soups.

The contrary is true of meat. Most of the food value of meat (Protein) is insoluble in water, so the "soup meat", often thrown away, contains most of the nourishment of the meat and should be re-flavoured with Oxo or other meat extracts and utilized in some way. Meat soups should be considered as appetizers and stimulants, rather than of much food value; while cream soups contain enough nourishment to be the main source of food value at a meal.

TO MAKE CREAM SOUPS FROM THE WATER IN WHICH VEGETABLES HAVE BOILED—Serves 6-8.

3 TBS. butter melted. Add
3 TBS. flour
1 tsp. grated onion
chopped parsley or any desired flavouring. Add gradually
2 cups vegetable water and
1 cup cooked vegetables mashed or diced. Boil 15 min. Add
2 cups milk. Boil up once. Add
salt if needed and
pepper. Any cream soup may be made more nourishing and more attractive if it is poured slowly on to
1 egg well beaten, or
1 egg white beaten stiff. Stir mixture constantly while pouring hot soup slowly into egg. Serve immediately.

A TBS. of whipped cream, sprinkled with paprika, is a pleasing addition to each serving of cream soup.

TOMATO SOUP (Canned)—cost Makes

1 pk. tomatoes
12 onions
1 bunch celery
8 bay leaves
6 cloves. Cook together about 2 hrs. Strain well and add
½ cup butter cooked till smooth, with
½ cup flour
¼ cup salt
½ cup sugar
¼ tsp. red pepper. Boil till flour is cooked, then bottle. When serving use 1 cup to 1½ cups milk, adding a little soda to soup.

MRS. E. J. GRAHAM.

CREAM OF TOMATO SOUP—cost $0.28. Serves 6-7.

½ can tomatoes stewed till soft. Strain. Add
¼ tsp. soda
3 TBS. butter melted and combined with
3 TBS. flour. Add gradually
1 qt. scalded milk. Boil up once. While stirring this, add slowly the tomato juice. Add
salt and pepper to taste.

MRS. J. E. CHURCH.

NOTE:—When making Tomato Cream Soups of canned soups, as well as of canned or fresh tomatoes, add 1/8 tsp. soda to 1 cup tomatoes before mixing with milk. To further avoid the possibility of tomato soups curdling, have tomato and milk mixtures at boiling point, but remove both from fire while combining. Pour tomato slowly into milk (not milk into tomato), beating milk constantly. Add salt just before serving.

MUSHROOM SOUP—cost $0.60. Serves 5-6.

½ lb. fresh mushrooms (or canned) chopped. Add to
1 can Clarke's chicken soup
½ cup water. Cover and boil slowly 20 min. Add to white sauce of:
2 TBS. butter
2 TBS. flour
2 cups milk (or part cream). Season highly with
salt and pepper.

MRS. C. W. HANSON.

CREAM OF POTATO SOUP—cost $0.35. Serves 7-8

3 TBS. butter melted in a 2 qt. sauce pan. Add
3 medium sized onions chopped and
1 green pepper chopped. Cook slowly till tender. Add
1 qt. boiling water
1¼ tsp. salt
few grains pepper and
3 medium sized potatoes diced small. Cook till potatoes are soft. Mash through a sieve. Add
1 TBS. parsley and
1 cup St. Charles evaporated milk Bring to boiling point and serve.

MISS M. E. HALL.

CREAM OF PEA SOUP—cost $0.28. Serves

1 tin peas
1 pt. water
1 slice onion Boil all together 20 min. Strain and mash through a sieve.
2 TBS. butter melted and blended with
1 TBS. flour Add to soup. To this add
1 pt. or more boiling milk Heat till it thickens but do not boil. Add
salt to taste.

MRS. J. M. ALMOND.

PEA-POD CREAM SOUP—cost Serves

pea-pods from 2 qts. peas washed
1 **onion** chopped
left-over bones or soup stock Cover. Simmer 1½ hrs. Strain. Add
salt and pepper (to taste). Mix with the following:
2 **TBS. butter** cooked with
1 **TBS. flour** Boil up. Add to
1 **pt. milk** Add
chopped parsley.

MRS. S. H. STONE.

SPLIT PEA SOUP —cost $0.55. Serves

2 **cups dried split peas** soaked over night. Drain. Place in kettle with
¾ **lb. pork** Cover with
3 **qts. or more cold water.** Cook 2-3 hrs. Add
¼ **cup celery**
½ **cup carrots**
1 **onion** Cook slowly till vegetables are very soft. Pass peas and vegetables through a sieve. Add
1 **pt. milk** and
2 **TBS. butter (or 1 pt. cream, omitting milk).**

MRS. S. H. STONE.

CORN CHOWDER—cost $0.30. Serves 7-8.

1 **large onion** sliced. Fry in
2 **TBS. bacon drippings** Add
2 **TBS. flour** Stir well Add
2 **cups water** and
3 **large potatoes** sliced. Boil till potatoes are cooked. Add
1 **can corn** and
3 **cups milk** Boil up once. Add
salt and pepper.

MRS. G. DOBBIN.

FISH CHOWDER—cost $0.23. Serves

½ **lb. fish** cut in pieces
3 **potatoes** cut in small cubes
1 **onion** cut in small pieces. Add
1½ **cups water** Cook till soft. Add
1 **pt. milk** and
salt and pepper Thicken with
a little flour mixed smooth with
a little water

MRS. T. C. HUDSON.

SUGGESTIONS FOR SOUPS.

Beef tea, meat extracts and meat soups, while containing little nourishment, have a useful place in the diet, for they stimulate, through odour and taste, the appetite and the flow of the digestive juices and prepare the stomach for the better digestion of other foods which lack these properties.

Meat Stock keeps better without vegetables.

Cut meat in small pieces when making soup, so that as great a surface as possible will be presented to the action of the water.

Pearl Tapioca makes a good thickening for soups.

If soup is too salty, boil in it slices of potato; or let a piece of toast remain in soup a few minutes; or add a little sugar.

1 qt. of soup fills about 7 bouillon cups.

A cut onion makes a soup cloudy; if a clear soup is desired, boil the onions in it whole.

Vegetables

GENERAL RULES FOR COOKING VEGETABLES

Wash vegetables thoroughly. Unless fresh from garden, soak in cold water after peeling, till ready to boil, ¼-1 hr. ; a little lemon juice added to this water will freshen and whiten. Soak potatoes 1 hr. when new; 3 hrs. when old. Soak dried vegetables 12 hrs. before cooking, in plenty of water. Put fresh vegetables to cook in boiling water; dried vegetables in cold water. Boil in salted water unless otherwise directed. Allow 1 tsp. salt to 1 qt. water, if water is not used with vegetable ; allow ½ tsp. salt to 1 qt. vegetables and juices (or water), if water is used with vegetable. Save water in which vegetables are cooked for soups, etc. Use a large amount of water for strong-flavoured vegetables; use only enough water to completely cover for mild-flavoured vegetables. Boil covered unless otherwise directed. Drain as soon as cooked. For very strong vegetables, change water one or more times during cooking, and boil in plenty of water very slowly. The time of cooking depends on size and age. A little sugar added to old vegetables improves their flavour.

Steaming is the most healthful method of cooking vegetables, but the flavour is not agreeable to some. Increase boiling time about ¼ for steaming. To steam: place in a dish in steamer. Sprinkle mild-flavored vegetables with salt; do not add salt to strong-flavoured vegetables till last half of cooking. Steam till tender.

TABLE FOR BOILING VEGETABLES

DIRECTIONS	VEGETABLE	TIME	SERVE
Cut off tough ends; boil these longer than tips. Leave tips out of water first 10 min.	**Asparagus**	20-45 min.	With melted butter on toast, or with white sauce
Remove tips, stems and strings. Snap or cut in inch pieces	**Beans, String**	½-2 hrs.	With butter or white sauce
Soak overnight. Boil in fresh water. Drain	**Beans, Lima** (dried)	1-3 hrs.	With hot cream
Remove tops. Do not break skins. When cooked, drain, cover with cold water; rub off skin. Reheat	**Beets**	new: 30-40 min. old: 2-3 hrs.	Small: serve whole. Large: slice or chop With butter
Remove wilted leaves, soak in cold salted water 1 hr. Boil uncovered.	**Brussel Sprouts**	20-30 min.	With butter or white sauce
Remove outer leaves. Quarter. Soak in cold salted water ½ hr. Add ¼ tsp. soda to boiling water. Cook uncovered	**Cabbage**	30-60 min.	With butter or white sauce
Scrape. If small: serve whole. If large: dice or slice	**Carrots**	20-60 min.	With butter or white sauce

TABLE FOR BOILING VEGETABLES—*Continued*

DIRECTIONS	VEGETABLE	TIME	SERVE
Remove leaves and stalk. Soak, head down, in salted cold water to cover. Cook head up, in large amount boiling water	**Cauliflower**	20-30 min.	With butter or white sauce
Remove leaves. Scrub stalks with brush. Cut in pieces	**Celery or Chard**	20-30 min.	With white sauce
Remove husks and silk. Add salt after boiling 5 min.	**Corn**	7-15 min.	Covered with napkin
Cut off a thick paring. Cut in thick slices	**Cucumber**	15 min.	With white sauce
Peel under water. Boil in large amount water	**Onions**	20-60 min.	With butter or white sauce
Scrub. Peel. Cut in pieces or dice	**Parsnips**	25-45 min.	With butter or white sauce
Shell. Unless very young, soak ½ hr. in cold water. Cook in small amount water. Add salt when nearly done	**Peas**	15-40 min.	With butter or white sauce
Peel when old. Scrape or boil in skins when young	**Potatoes**	25-30 min.	With melted butter and chopped parsley or mash. Serve uncovered
Scrub, slice, scrape. Rinse in water with lemon juice. Slice	**Salsify**	15-20 min.	With white sauce
Peel and cut in thick slices. Boil. Turn into cheese cloth placed in colander. Drain. Wring in cheese cloth	**Squash (Summer)**	20-35 min.	Mash
Cook as summer squash but remove seeds and stringy portions	**Squash (Winter)**	1-1½ hrs.	Mash
Cut off roots. Wash in several waters. Steam. When young, add no water but heat slowly and cook in own juices, or steam. If old, allow half as much water as spinach. Cook uncovered. Chop if desired	**Spinach**	20-40 min.	With butter, vinegar or white sauce and hard cooked eggs
Peel and cut in pieces. Cook slowly without water. Add a little sugar if desired	**Tomatoes**	15-20 min.	
Peel and cut in large pieces. Boil in large amount of water. Add a little sugar if old	**Turnips**	30-60 min.	Mash

TABLE FOR BAKING VEGETABLES

DIRECTIONS	VEGETABLE	TIME	SERVE
See recipe	**Beans**	6-8 hrs. in slow oven (250 F.) after boiling	
Scrub and dry before baking	**Potatoes**	½-1 hr. in very hot oven (500 F.)	Crack or pierce skins when baked. Serve uncovered
Cut in pieces. Remove seeds and stringy portion. Place in covered pan	**Squash**	1-2 hrs. in moderate oven (350 F.)	

VEGETABLE SUGGESTIONS

A slice of bread placed on the water in which cabbage is boiling will absorb much of the odor. Hot vinegar on the stove is also a help.

If the water in which onions or cabbage are cooked is changed once or twice during cooking, much of the strong flavour and odor will be lost.

The outside leaves of lettuce which are unfit for salads may be boiled and used as greens.

Try shredding cabbage very thin, and boiling only 10 min. in salted water, to which a pinch of baking soda has been added.

Lemon juice will remove the stains from hands after peeling vegetables or apples.

After peeling onions, rinse knife and hands, etc., under running cold water and the odor will be instantly removed.

If spinach is not steamed, only enough water should be added to prevent burning.

If economy is a consideration, buy vegetables and fruits only in season; and further, they are practically always better the quicker they are eaten after gathering.

Some cooks say that when boiling vegetables grown under the ground, excepting onions, the salt should not be added to the water till the last 15 min. of boiling; that those grown above the ground, excepting peas, should be placed in salted water from the beginning of boiling.

"New" potatoes may be boiled without soaking. In the Fall potatoes should soak 1 hour before boiling and in the Spring, several hours.

Uses for Left-Overs

(Add to lists as new uses present themselves)

EGG WHITES

Cornstarch Puddings
Cream Soups
Clearing Consommé
Cakes (white)
Frostings
Lemonades
Macaroons
Meringues
Pudding Sauces
Sponges
Whips

EGG YOLKS

Custards
Glazing Pie Crusts
Gold and Sponge Cakes
Mock-Hollandaise Sauce
Orange Filling and Frosting
Tapioca Pudding
Salad Dressings

SOUR MILK

Cottage Cheese
Cookies
Cornmeal Hot Breads
Griddle Cakes
Gingerbread, Spice Cake
Doughnuts
As a substitute for sweet milk in Cakes and Hot Breads

DRIPPINGS

Basting Roasts
Dark Cookies
Frying Potatoes, etc.
Greasing Pans (except cakes)
Gravies
Hot Breads, not made with white flour
Pie Crust
Roasting Potatoes
Spice Cake, Gingerbread

MEAT

Creamed, or in Gravy on Toast
Croquettes
Hash
Meat Balls
Meat Pies
Meat, warmed with Spaghetti
Salads
Sandwiches
Shepherd's Pie
Stuffed Tomatoes or Peppers
Toad in a Hole

DRY BREAD

Batter Cakes
Bread Puddings
Cheese Soufflé
Croquettes
Diced in Stewed Tomatoes
Filling for Pie-Shells
Griddle Cakes
Meat Loaf
Muffins
Rusk
Scalloped Dishes
Steamed Puddings
Stuffings

Removal of Stains

Many stains may be removed easily at home if one knows the appropriate treatment for them, but when the garment is a valued one, particularly if the material is coloured and of wool or silk or of mixed fabrics, it is economy to send it at once to a reliable cleaner, stating with what the material has been stained. Unsuccessful experiments at home often make the work of the cleaner more difficult.

Too much emphasis cannot be placed on removing stains while they are fresh. Often if the staining agent is left in contact with the material for any length of time, chemical changes take place in the cloth which makes the removal of the stain far more difficult (or sometimes impossible) than it would have been if the removal had been effected at once.

The treatment of stains given below, mainly applies to white, washable materials.

TO REMOVE STAINS.

STAIN	TREATMENT
ACID	Sponge with solution of **Borax or Baking Soda or dilute Ammonia;** or hold stained material over uncorked **Ammonia** bottle.
ALKALI	Sponge, or wash with water containing **Vinegar** or **Lemon Juice.**
ARGYROL. . . .	Soak in **Javelle Water** (half strength) 10 min. Wash thoroughly.
COFFEE.	If fresh, place stained material over a bowl, and pour boiling water from a height of 2-3 ft. If old, rub with **Glycerine** or **Borax,** rinse in tepid water and proceed as above. Dry in the sun. If grease remains from cream, iron on wrong side over blotter.
BLOOD	Soak in salted luke-warm water till brown in colour, then wash with soap (preferably Naptha); or soak in **Ammonia** water (2 TBS. Household Ammonia to 1 gal. water), and wash. For blankets, mattresses, etc., make paste of **Starch** and cold water (or soap-jelly), apply thickly and brush away when dry.
CANDLE GREASE. . . .	Remove as much as possible, then press on wrong side over blotter. On furniture, hold hot iron over spot, taking care not to scorch wood. As grease melts, wipe off.
CHOCOLATE. . .	Sprinkle with **Borax** and soak in cold water, then pour boiling water from a height, as for coffee.
FRUIT and BERRIES. . . .	If fresh, pour boiling water from a height, as for coffee, or sprinkle with salt, and moisten with **Lemon Juice,** and hang in the sun; bleach with **Javelle Water,** rinsing at once; or tie **Cream of Tartar** in stained spot and boil in soapy water. If old, rub with **Lard** and **Glycerine,** let stand an hour, then pour on it boiling water from a height. For coloured silk or woolen goods: Use water, followed by **Hydrogen Peroxide**; or sponge with a solution of **Soap** and **Methylated Spirits.** For coloured cotton: Use a solution of **Soap and Methylated Spirits.**

GRASS . . . . . Sponge with **Alcohol,** then wash, rubbing thoroughly; or rub with **Kerosene** and wash with soap and water; or sponge with **Carbon Tetrachloride** or **Ether;** or wash with **Soap** dissolved in **Wood Alcohol;** or wash with **Naptha** Soap.

GREASE . . . . Spread absorbents (**Cornmeal, French Chalk, Magnesia, etc.**) over spot, work around gently, leave overnight, wash in hot water and Naptha Soap; or lay Blotting Paper on either side of spot and apply a warm Flat Iron; or apply solvents (**Chloroform,** or **Carbon Tetrachloride** which are not inflammable). Place pad of clean cloth or blotting paper under stain, change as they become soiled while sponging with solvents from the wrong side with cloth as near like the stained material as possible. Work from the outside in. If ring is left sponge again in the same way; or spread on spot a paste made of **French Chalk** or **Magnesia,** and brush off when dry.

GLUE. . . . . . Apply **Vinegar** with a cloth.

IODINE. . . . . Soak in cold water, wash in boiling water and dry in a warm place; or wash in weak solution of **Hyposulphite of Soda,** ("Hypo"), then in water; or boil in cooked starch; or sponge with dilute **Alcohol or Ammonia.**

INK. . . . . . Absorb immediately with relays of **Blotting Paper** or table **Salt,** scrub with **Blotting Paper,** then with damp cloths; or soak a day or two, if necessary, in **Milk,** changing milk as it becomes discoloured, or soak several hours in solution of 2½ tsps. **Salts of Lemon** to ½ pt. water, then rinse thoroughly; or bleach with **Javelle Water,** rinsing well.

IRON RUST. . . Sprinkle with **Salt,** keep moistened with **Lemon Juice** and hang in sun, or boil in a solution of **Cream of Tartar** (4 tsps. cream of tartar to 1 pt. water).

MILDEW. . . . . Soak 10-15 min. in **Javelle Water** and water, half and half. Rinse well; or soak over night in **Sour Milk,** hang in sun without rinsing, wash; or moisten with **Lemon Juice** and hang in sun.

PAINT. . . . . . Scrape off as much as possible, rub with **Lard** and wash with **Soap**; or sponge with **Turpentine or Carbon Tetrachloride or Ammonia**; or boil in water containing **Washing Soda** (3 TBS. soda to 1 gal. water.)

PERSPIRATION.. Perspiration from arm-pits is alkaline; from the rest of the body, acid. Treat accordingly. (See Acid and Alkali).

SCORCHING. . . Wash in soap and water; or rub surface with **Bread Crumbs** which are not too stale; or rub with **Lemon** and dry in sun; or smear with **Borax and Glycerine** and wash after 1 hr.; or sponge with **Peroxide.**

TEA. . . . . . If fresh, soak in **Borax** water (½ tsp. to 1 cup) and pour on boiling water from a height as for coffee; or steep in **Borax** water or in strong soap solution; or moisten with **Lemon Juice** and expose to the sun for a day or two; or bleach with **Javelle Water** (half water) 10-15 min. Rinse well.

To Set Colours Before Washing Materials

BLUE: Soak in cold water in which has been dissolved a handful of salt for each gal. water.

GREEN (Some claim for all Colours): Soak in water in which has been dissolved 2 TBS. **Alum** for each gal. water.

BROWN: Soak in cold water in which a little **Ox Gall** has been added.

RED OR PINK: Soak in cold water in which a little **Vinegar** has been added.

TAN: Soak in cooled infusion made by pouring boiling water over a handful of hay.

WASHING FLUID

1 can Lye
1 oz. powdered Ammonia
2 oz. Salts of Tartar Mix and add to
1 gal. boiling water When dissolved, bottle and cork tightly. Use 1 cup of this fluid and ½ bar of soap to a boiler of clothes.
Put soiled clothes in boiler when water is cold. Bring slowly to boil and boil 20 min.

MRS. W. A. MCGUINNESS.

To Avoid the Possibility of Food Poisoning Observe the Following Rules

1.—Keep all food at a low temperature. Most bacteria producing spoilage grow best at a temperature about 80 F. Economizing on ice is a poor policy.

2. Throw away any food, particularly that which has been canned, which shows any unusual appearance or taste.

3. Throw away any cans which show a bulging of the tin.

4. Boil, if possible, all canned or preserved foods after removing them from the container. 5 min. hard boiling will destroy Botulinus poisons.

5. Remove contents from cans as soon as opened.

6. Take great care that all home canning is done thoroughly. Food cannot be as efficiently preserved at home as in the factory where facilities for sterilization are possible which are not obtainable in most homes. Of the deaths due to Botulinus poisoning investigated in the past few years, many more were due to home-canned foods than to foods commercially canned. The " Cold Pack " method will not kill the Botulinus bacterium.

Notes on Food Spoilage, Infection and Preservation

The most fatal food-poisoning is due to the poisons of the germ Botulinus. This germ grows best in the absence of air, and so is most often found in canned foods. Most serious cases of "Ptomaine Poisoning" are really caused by this bacterium.

Sprouted potatoes have been known to produce fatal poisoning.

The danger of infection from ice is very small. Unless contaminated by surface deposits, natural ice is always purer and freer from bacteria than the water from which it is formed, since when there is sufficient water beneath the ice, the impurities are largely forced below as the crystallization takes place. Any remaining bacteria gradually die. The longer ice has been stored the safer it is. At the end of four months storage, the danger from ice, even if it was taken from moderately polluted water, is practically negligible.

There is no danger of spreading disease by "tasting" foods which will afterwards be heated to at least boiling temperature for 10-15 minutes, and the objection here to this practice is merely aesthetical; but there is a very real danger in putting a spoon, which has been used for tasting, back into foods which are not afterwards to be cooked. Gelatine desserts, for instance, furnish an almost perfect medium for the multiplication of any germs which have had access to them.

All hot foods which are to be kept should be cooled as quickly as possible, for most bacteria grow best at a temperature between hot and cold.

Foods which have been heated will sour less quickly if cooled rapidly.

Foods may be kept almost indefinitely without spoiling if they are thoroughly boiled every day for 5-10 min. so that all parts of the food remain at the boiling temperature for this length of time.

If there is the slightest question of the milk supply, boil or pasteurize it. Few mediums are better for the multiplication of germs than milk.

To pasteurize milk: Fill bottles to not more than an inch of the top. Place on a trivet in a deep kettle. Surround with cold water to the height of the milk. Heat slowly till the milk in the bottles reaches 145 F. Keep at this temperature ½ hr. Cool quickly by letting cold water run in the water in the kettle, very slowly at first to prevent breakage. When milk is cold, place in refrigerator.

Treatment for Burns

The principle of most treatments for burns is the exclusion of air from the burned surface. When large surfaces are burned, place patient, clothes and all, in a tub of warm **Water** (104 F.) till the arrival of the physician. For smaller burns, hold burned surface in cold water. If the "water treatment" is impracticable: when the skin is unbroken, lay soft cloths, soaked in **Soda** (cooking) water on the burned surface; if the skin is broken, bathe burns in oil and wrap in soft cloths soaked in oil, using **Carron Oil, Salad or Castor Oil, Vaseline or even Lard:** In either case, wrap again in woolen cloths or cotton batting.

Dampened soda is a readily available remedy for mild burns. "Ozonal" is also said to be excellent.

Miscellaneous Household Suggestions

To prevent dishes from slipping on the ice in refrigerator, place them on rubber preserve-jar rings.

Aluminum cooking utensils which have become dark on the inside, can be cleaned by boiling in them an acid fruit or vegetables.

Brown sugar will keep comparatively free from lumps if kept in the bread box in a covered fruit jar.

Don't use lye in kitchen sinks; it is likely to form soap in the pipes. To keep pipes clear, heat pipes by pouring down a kettle of boiling water, then immediately pour a gallon or more boiling water, in which has been dissolved 1 cup washing soda, down the heated pipes.

A pair of sharp shears should be in every kitchen. They are indispensable for cutting meat, citron, the rind from bacon, lettuce, etc.

Wash ovens when hot with strong soda water.

It takes less sugar to sweeten fruits if it is added at the end of the cooking. A little soda added to sour cooked fruits (such as apricots) lessens the amount of sugar required for sweetening.

If a food is burned while boiling, place dish without stirring its contents, in cold water. Let stand for a few seconds and pour contents carefully into another dish.

Dry fruit cake will become moist if placed in the bread box with fresh bread. A cut lemon or apple will hasten the action.

Glass preserve jars are convenient receptacles for rice, tea, brown and powdered sugar, etc.

Before washing, soak dishes which have been used for eggs, flour, milk, or meat in cold water; those containing grease or sugar in hot water.

If an aluminum dish pan is used for washing dishes and a tsp. of soda and a TBS. of salt is added to the hot soap suds, the silver will be kept bright.

Grated lemon rind makes a good flavouring for cakes, desserts, etc.

Lemons or oranges from which the rind has been grated spoil very quickly.

In cooking cakes, meats, etc., jot down on your kitchen pad the time the cooking starts.

If grease is spilled on the kitchen floor, pour ice water on spot immediately so that grease will not sink into the wood.

A bent cup holds less than a cup in perfect condition.

1 egg, beaten fills half a cup; 1 egg unbeaten fills ¼ cup.

A damp cellar is a poor place to keep a refrigerator.

Clean refrigerator frequently with soda dissolved in hot water; dry thoroughly.

Milk or butter, which absorb odors easily, should be kept in the bottom of the refrigerator; cabbage, turnips, fish, etc., should be kept near the top.

Raw fruit should always be washed thoroughly before it is eaten; bacteria can live some time on such surfaces, and the opportunities of contamination before fruit reaches the consumer are numerous.

Always crisp "ready-to-serve" cereals and soda biscuits in the oven just before using.

Soft butter "goes farther" than very hard butter.

A little baking powder added to mashed potatoes makes them fluffier.

To peel tomatoes, hold on a steel fork over the gas burner, turning to sear the whole surface. Peel at once.

If the strong taste of wild duck is not relished, parboil 15-20 minutes with an onion or carrot.

Oysters for soups should be simmered only sufficiently to cause the edges to curl.

After extracting the juice from lemons, dip the halves in salt and use to clean brass.

To clean the white keys of the piano, rub with a paste made of lemon juice and whitening.

In freezing weather window panes may be washed if a small proportion of grain or wood alcohol is added to the water.

Finger-marks may be removed from white enamelled woodwork by rubbing with a flannel cloth upon which has been sprinkled a few drops of paraffin oil.

The marks made by scratching matches on paint may be removed by rubbing with a cut lemon; then wash off the lemon juice.

Scratches may be made less conspicuous on furniture if gently rubbed with a mixture of linseed oil and turpentine.

The white marks made on a table by hot dishes may be partly removed by rubbing with linseed oil and then polishing with spirits of wine.

To remove a cork which has fallen into an empty bottle, knot a string, lower it into the bottle, turn bottle upside down and draw out the cork.

Egg stains on silver can generally be removed by rubbing with wet salt.

If your oven burns cakes readily, line cake-tins with greased paper; part of the burned surface will adhere to the paper. Remove the burned surface of a cake, when cold, with a coarse grater.

The heat of the oven should be regulated so that the cake can be immediately placed in it as soon as mixed; the oven can wait for the cake, but the cake must not wait for the oven.

Bread and rolls should not be hurried by increasing the heat in the second rising as the shape is better retained if the rising is uniform and natural.

Bread flour contains a large proportion of gluten, a substance which gives the tough, elastic consistency to mixtures which is needed to hold in the dough, during the long rising, the gas generated by the yeast in the dough; this characteristic, so necessary to a bread flour, detracts from its value as a cake flour. Cake or Pastry Flour contains more starch and less gluten than bread flour, and makes a lighter and more tender cake. Potato Flour thickens more than wheat flour, and only about half as much of it is required. Potato Flour makes a dry, but a very tender and delicate cake.

The first kneading of bread dough is to distribute the yeast and gas evenly through the mass, to bring out the elasticity of the gluten in the flour and to make the mixture smooth. The second kneading is to break the large cavities made by the gas bubbles, so as to give the dough, and consequently the bread, a fine uniform texture.

The flame should be reduced when cooking over surface burners till the mixture is just boiling; the temperature cannot rise above the boiling point, and heat used in excess of that required to barely boil the mixture is wasted.

If the clothing should catch fire, wrap a blanket, rug or other woolen article as tightly as possible around the body; or roll over and over on the floor. Do not remain in an upright position and do not run into the open air.

Index to Recipes

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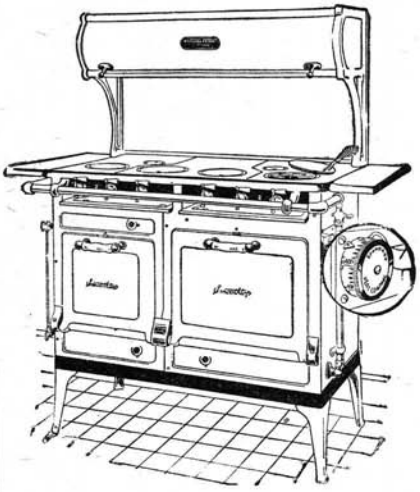
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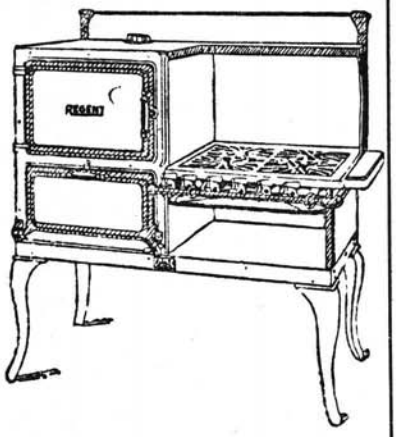
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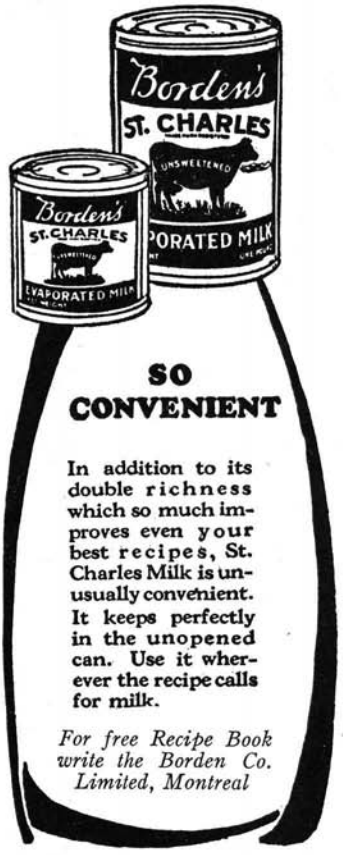
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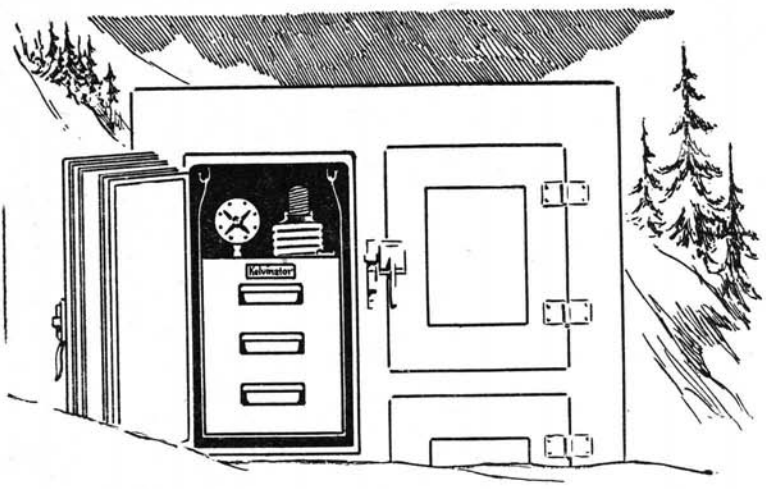
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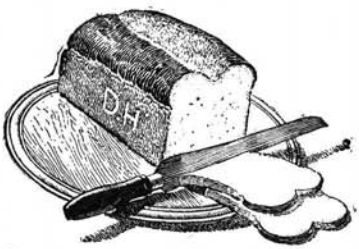
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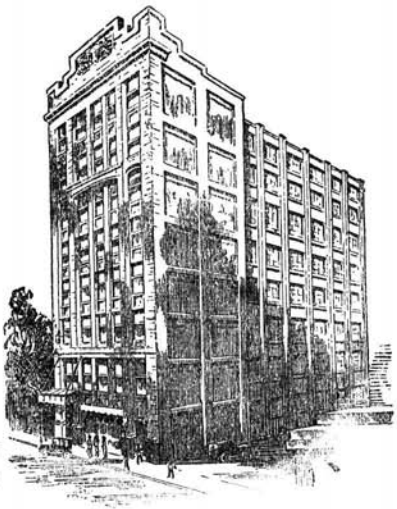
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